KYOKO AMANO • PASTA GROOVE • ANNA SCOTT • THE DORQUES • NESTLÉ GARCIA

# FHM

www.fhm.com.ph

THE NO. 1 MAGAZINE IN THE PHILIPPINES
MAY 2009

## MAUL HATTON TO A PULP!
Master Pacman's champion workout!

## EROTIC CUBICLE CONFESSIONS!
A retired *masahista* reveals her diary's steamiest secrets!

## DINGEL'S $H_2O$ CAR!
Why we aren't driving one yet!

## WHAT MAKES YOU HARD?
Paloma wants you to focus!

## CADDIE SHOCKED!
*FHM* invades Tiger's world!

NATURAL WONDER!

# Bangs Garcia
Fully hatched and ready to take flight!

## START A BUSINESS!
Learn the creative strategies for success!

## WHEN STRESS TURNS LETHAL!
Overcome mental anguish!

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SUMMIT MEDIA

COLLEEN YU!
GROOMING FOR TWO!
ROBERT PACTOLERIN!
SUMO WRESTLING!
OUTDOOR SPORTSWEAR!
HOW TO WEAR PRINTS!

18+ CONTENTS MAY NOT BE SUITABLE FOR MINORS

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PHOTOGRAPHY: DOC MARLON PECJO; STYLING: BADJ GALIAS-GENATO; MAKEUP: JIGS MAYUGA FOR L'ORÉAL PARIS; HAIR: VIANNEY GUESE OF L'ORÉAL PARIS STUDIO LINE; SET DESIGN: RAFFY TESORO AND GHIA VICENTE

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PHOTOS: ERWIN "WENG" BARLETA OF EDGE OF LIGHT; ROY MACAM, JAKE VERZOSA

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# What we did this month

05/09

Bangs Garcia sure taught us a thing or two about looking good in front of the camera!

Went crate-digging inside beats master Pasta Groove's crib

Guess who clocked in the fastest at the recent Men's Health Miracle Run? None other than the lady standing second from right!

BA spent the Holy Week with fellow daddy friends in Ilocos Sur...

...while Allan H. and kin, in Ilocos Norte, had this windmill all to themselves


# FHM

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**What Pinoy invention would you like to see in the near future?**

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# FHMLetters

05/09

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**RECENTLY RECEIVED!**
Family man saves entire *FHM* collection for his offspring. Nurse acknowledges our 'research skills'.
There's more!

## Legacy!

I started collecting your magazine in July 2004. At first, my wife would always ask why I buy two cop

LETTER OF THE MONTH

## Flowery!

I've stuck it out with *FHM* since day one. I never miss

ave them lots of money, but at **Pol, Valenzuela**

## s the finest

ys! I'm composing this on my ne right now while reading arch issue. I'm also an avid or of *FHM*. Honestly, I was en Jenna Jameson r post as your umnist then. ht Asia li might up to my ation. But she amazing job as Sex Now I'm reading her tory and I'm feeling over again because ng to miss much. I'm d and joyful w, however, assion has given

'Who's your mama?'

me a fruit that grows in my belly!" Wow, what a blessing! I congratulate Asia for this fulfilling time in her life. Bearing a child is a demanding responsibility and I, for one, respect and understand her decision to leave. Thanks, Asia. You have inspired and taught a lot of people to be confident. God bless you, my lady! Thanks, *FHM*! I'll continue buying this mag even if a lot of people forbid me to do so! Happy 9th birthday, you guys! Cheers!
**Neo, by email**

issue at a popular convenience store keeps me awake all through the night. And as we all celebrate again the picturesque beauty of scantily clad angels in our midst, my undying love for *FHM* reaches fever pitch!
**Hamza Estrella Tillah, Las Piñas**

## Our 'daughter'!

My Bhe and I have been together for almost five years now. I just gave birth to a beautiful baby girl named Frances Brianna, who my husband calls an "*FHM*-inspired baby." Why? Well, you guys should know! Ha ha! We make sure that on top of my baby's milk and diaper, we'll have enough money to buy your magazine every month. More power!
**Anne, by email**

## Gift to self!

I turned 22 last March. I did something memorable: I finally bought my first *FHM*! I bought it not just because it's for men, but because it's simply irresistible!
**Dann, by email**

## Skater boy!

I just want to greet my boyfriend on our 32nd monthsary on May 25. This is my simple gift to him. He really likes *FHM*. I really like your December '08 issue. Mariel really rocks!
**Kathaleen, by email**

## White magic!

Please post our group picture, taken during our affiliation at Philippine Orthopedic Center. We're graduating nursing students of DWCL! Thanks, *FHM*!
**Owen, by email**

## Bedding *FHM*!

Long live *FHM*! I just turned 20 on April 24. It's goodbye to my teen years and welcome to the age where true life begins. It's my honor to see my photo in your magazine!
**Kristian, by email**

PLEASE CALL 451-8888 LOCAL 1074 BEFORE CLAIMING YOUR PRIZE. DEADLINE OF CLAIMING PRIZES IS ON MAY 20. UNCLAIMED PRIZES WILL BE FORFEITED.

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*Galing*! Your Tutti Fruity issue was

to me your best ever! It's been my dream to have my letter printed in *FHM*. Just want to greet my officemates at Thunderbird Resorts, especially my two avid borrowers, Sir JC, our manager, and Imbet *na minsan nauuna pang magbasa ng* new issue *na binibili ko*. Hello *rin kina* Par, Mangu, Ulay, Li Sopat at Ney David, *na isa ring adik na FHM* collector. To all UCN 99-KNCHS, MK 4-2, '04-PUP, enjoy reading!
**Repjr_Roy, by email**

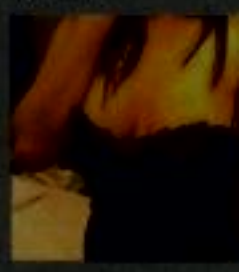
## MAY GALLERY

## Sis!

My sisters, Miko, Lhai, Zheku and I are *FHM* addicts. Please post this picture as graduation gift for Miko. Thanks, *FHM*! More great issues to come!
**Danikka, by email**

## Not to Stack!

Just want to surprise husband Tony. It's our monthsary as a couple Want to shout to the how much I love him. you, dear pussycat! M
**Qtwifey_noelle04, by email**



## Happy campers!

Here's a picture of me and my happiness in one of our camping trips. I just want people to know that she's the best GF one can ever find and I'm very happy to have her. We both share the same interest in collecting *FHM*, though I kind of stopped buying it right now because I'm waiting for us to be together again. But believe me, she has been saving for all the issues I've missed and she'll share them with me once we're back in each other's arms. Though we're far apart right now, I want her to know that my heart will always belong to her. And for you my happiness, luck will always be at your side.
**Raven, by email**

## Honey be good!

I've been an avid *FHM* fan since 2001. I am working now here in Norway, where I still get my beloved mag courtesy of my wife, who loves *FHM*, too. She'll turn a year older on May 6 and I want to surprise her by posting our picture in your May issue. Happy birthday, Angie! I love you not because of who you are but because of who I am when I'm with you. Thank you for coming into my life. Take good care and God bless us always. I love you forevermore, Honey!
**Win, Norway**

## Aye, aye, sir!

My husband who's currently abroad called me last night to say his coworker receives more letters from his wife than he does. That's why I ask you to post our picture soon, my belated fifth anniversary (which we celebrated on April 13) gift to him. It has always been our dream to have our picture posted in *FHM*. I want our anniversary to be truly memorable. So I beg you to give us a spot. This is the best gift that we can share on our anniversary even if we're oceans apart. I'm sure *sila naman ang maiingit sa mahal ko*! Thanks!
**Maria Alexandra, by email**

'Together forever'

# WHO THE HELL ARE YOU?!

**Intruders that defy the age of photoshopping and ruin your otherwise precious snapshots for life!**

INTRUDER OF THE MONTH

## Before and after!

"This was taken up at Club Manila East in Taytay recently," Alvin Chris relates. "I was too late to realize that a reed-thin dude was posing with me in this money shot!"

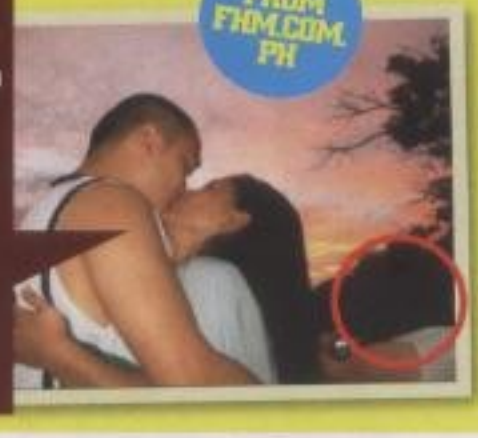
## Bloody mess!

"At my birthday party last February 8, I had my picture taken with my British pal David," writes Sherwin. "We didn't know who the hell that guy squeezing in from below was!"

## Picture, picture!

"It could've been the perfect vacation pic: taken of my boyfriend and I in Dumaguete–an intimate kiss with a nice sunset sky as the backdrop," shares Dishabelle. "But it was ruined by this photog wannabe, who's unmindful of being a 'Who the Hell' model."

FROM FHM.COM.PH



## Summer peeve!

"My girlfriend and I were were watching a street concert in Baguio City, a day before the Panagbenga Fest," says John. "I was so pissed when I saw this pic. . .that fat-ass guy behind us even smiled!"

TOP ENTRY BAGS A DIAL FOR MEN GIFTPACK FORM UNISELL

## New nurse!

I took the nursing board exam on Nov 2008 and I passed. The exam was so hard that I thought I'd fail it. But in God's grace, *heto* take one. When I was reviewing for the board, I would often feel drowsy and not in the mood to read my thick nursing books. I've also read the compilations of past board exams and I realized that most questions would require research. So I read *FHM*, which is very good at research, right? I don't know if you've been complimented for it enough *pero* I want to tell you that *isa kayo sa mga tumulong sa akin. Karamihan ng FHM, may* health section and *isa yun sa mga ni-review ko*. You're so informative. I love you guys because you're great! *Salamat*!
**Richard Cadawas, by email**

## Graduates!

Congrats to us, my Bhebi! We're now certified BSN grads. We proved that *FHM* was not a hindrance to us pursuing a degree. Keep rocking *FHM*. I love you, Bhebi *ko*!
**Etnad, by email**

## Long live, Kiko!

Please publish this photo in remembrance of Francis Magalona. May he rest in peace. We love you, Kiko! *Sa puso namin ikaw ang tunay na idolo ng bayan*!
**Arman, by email**

## Beached!

My sister's birthday will be memorable if you post this picture in your next issue. This was taken during our trip to Boracay. Happy birthday, Sis! We love you!
**Rowena, Ilocos Sur**

## First love!

I've been collecting *FHM* since I turned 18 and now my room is full of it! *FHM* is my life. I just want to dedicate this message to my one true love–my *FHM*!
**Carlo, by email**

## He's into you!

I'm still madly in love with this girl. She loves *FHM at sana pansinin niya ako ulit* when she sees this message. I still love you, Jill. I miss you terribly. I'll visit you *sa* vacation.
**Ger, California**

## Sun-blocked!

Please publish this picture because I want to suprise my fiancé who came home last April 20. I'm sure he'll be very happy to see this in *FHM*! More power guys!
**Akeisha, by email**

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05/09
HOT AIR
BALLOONS
ROADS
PRO GOLFER
CAMPAIGN TRAIL

# Incoming

**The things that matter this month...**

THE FACTS
**Name:** Nestle Garcia
**Age:** 18
**Profession:** Student, TV host, DJ
**See her in:** *Lokomo High* (TV5)

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# CREAMY!

## Nestle Garcia is topping all her achievements with a delightful treat

A beauty queen at age five, an *artista* search semi-finalist, a radio DJ, an all-girl band lead singer, a pre-med honor student–no, these are not individual profiles of an up-and-coming superstar group, but descriptions that belong to just one hot chick: Nestle Garcia.

You've probably seen her as one of the students on TV 5's *Lokomoko High*, or heard her in Magic 89.9 as one of their Junior Jocks. Now, as she enters a new chapter in her life, she wants to mark the occasion by adding another tag next to her name–*FHM* babe…

**You look awfully young. Do people often mistake you for a high school student?**

They actually do, especially since I'm the petite type. But believe it or not, I'm already an incoming senior for my pre-med. The funny thing is, whenever I go to bars or clubs, I often get asked for an ID to prove my age. Ha ha!

**And so we hear you just had your debut last November. How do you enjoy the legal age?**

I get to do a lot of things that I was not allowed to do before. I have wider opportunities with regards to my acting career; I can now consider racier roles. And now I'm allowed to go to clubs and stay out for as long as I want.

**Did your parents try to stop you from doing this shoot?**

They did. On one hand, my mom was, like, "Go, go, go!" when you guys called me up. On the other, my dad was saying, "No, no, no!" I literally had to cry and beg him to let me go on with this shoot. I had to tell him how it has always been my dream to be here in *FHM*. I guess since he saw how eager I was to do the shoot, he finally gave me his blessing.

**Were you scared?**

Not a bit, ha ha! I thought I would be scared, uneasy, and nervous. But when my hair and makeup got done, I felt like a goddess. It was actually my first time to do a sexy shoot but the *FHM* team made me feel like I've been doing it my entire life.

**You're quite an achiever in school, too...**

I study hard to achieve great heights in school. And weird, but I actually do enjoy spending hours studying pathophysiologies of human diseases, ha ha! I'm planning to be a cosmetic surgeon. It's a gold mine nowadays; and I enjoy the fact that I have a good aesthetic eye. So in case any of you guys need a little tweaking around seven years from now when I graduate, just look me up.

**And you also write! If you were going to write a feature article for us, what would it be about?**

I'd write about girl empowerment and all the hot girls on this planet. There are a lot of women who read *FHM*; they should also feel as hot as the girls on the pages. Girls who not only look awesomely good, but also have the brains and influence in society to actually make a difference. **FHM**

PHOTOGRAPHY: STUART DEE; INTERVIEW: MARC LAURENZE CELIS; STYLING: RCXY B.; MAKEUP: ARRA FERNANDO

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The Aztec Indians in Central America used animal blood mixed with cement as a mortar for their buildings, many of which still remain standing today.



Photography **Carlo Bandoquillo**

# DOBLE KARA!

## Is our mascot a construction worker or a Village People halfling?

If you work near a high-rise construction site I bet you've come across this piece of art about job safety: the *doble-kara* construction guy illustration, which depicts a "good" and "bad" side. Now, what if an obnoxious drone came to work wearing exactly what's in the drawing. Will he be allowed to enter the premises?

Mind-boggling, isn't it?! And, as with other amazing mysteries that needs solving, I sought the answer.

So I headed to a construction site near the *FHM* headquarters, where there's a similar drawing beside the gate. The first thing I had to deal with was, of course, the ever annoying "*taga-sita ng lahat ng bagay*": the security guard. At first, I wasn't allowed to enter but seeing how much of an example I could be to their workers, *manong* guard brought me to the safety engineer's office.

There I met the construction's project engineers and architects and asked them if I could possibly get any kind of work. They refused. Instead, they asked for a photo-op. "*Ayus 'yan ah! Naisip mo pa yan!*" they enthusiastically told me before instructing their guard to escort me out.

STYLING: GENIE RANADA; SPECIAL THANKS TO DESIGN COORDINATES, INC. CONSTRUCTION PROJECT MANAGERS (SUITE 202, ITC BLDG., 337 SEN. GIL PUYAT

# WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN!

## MAN UP!

**Brought to you by the good people of Victoria court**

Yes, they're at it again, the peeps at Victoria Court, where every "Customer is King." If you're a big fan of being pampered, and being pampered in style–with themes like Moulin Rouge, Austin Powers, Playboy suites–then you'd have to volunteer snaps of humiliation yet again. In exchange for a night's stay at the court's bachelor suite, and

VC goodies: diary, pen, umbrella, we want you in a tutu. That's right, them itchy tights donned by Lisa Macuja. (Pink ones are a plus). Don't have one? Improvise. Show us those hidden ballet moves and assume ballerina-hood in the closest dress code you can find–because only a confident male heterosexual can do what we're asking you to do, and because Victoria Court's prizes are more than right. Yes, you have to work for it, and this time we want grace. Your manly Macuja snaps in by May 25!

## SHUT THE BLEEP UP

**...And win a cool prize while you're at it**

Hate being alienated by *misis* in the bedroom, and it isn't just about "underperformance"? Then shove some cotton balls in your nose and have your picture taken. Is this medically proven to stop you from snoring? No, but sending us photos of yourself doing what we just told you to do will get you this: the Snore Stopper from Cutting Edge. Just slap it on your wrist and the only bedroom noises you'll be hearing are coital ones. Lucky bastard. Your cotton-stuffed-nose snaps in by May 25!

SEND ENTRIES TO FHMWINWIN@GMAIL.COM. WINNERS WILL BE NOTIFIED THRU EMAIL BY CINNAMON MARKETING ASSISTANT



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Tiger Woods has appeared on Hanes Hosiery's Sexiest Celebrity Legs list.



Photography **Carlo Bandoquillo**

**You were a caddy before, right?**
Yes, but during Sundays only. I used to work at a golf course in Victoria City, Negros Occidental. The manager at the time would ask me to be his caddy. I was 13 years old then. My job was to drive a truck and cut grass in the fairway. *Tapos may baon akong bola sa* service *ko at tuwing makakatapos ako ng trabaho hihinto ako para makapalo,* that's how I learned the golf swing. The course management, I learned when I was brought here to Manila to try golf as a career.

**What's training like?**
I used to practice every day from 6AM to 6PM. Lunch break lang ang *Pagkatapos na nang laro. Pero mahirap din baka magka-pikunan. Kasi may iba kapag pangit ang nilaro, umiiyak. Kasama sa laro yan. Meron ka ngang araw o buong linggo na kahit na sinong magagaling ang tapatan mo, pakiramdam mo kayang-kaya mo.*

**So what do you love about this sport?**
*May kasabihan nga sa* golf, *ang pamalo mo mas mahal mo pa sa asawa mo.* Fourteen pieces *ang nasa* bag *mo. kapag may nawala riyan, para kang napilayan. Pag magaling ka, kikita ka rito.* And pag

ilippine Open

INTERVIEW: BA BORLEO

**Any exercise you also teach?**
Stretching *lang. Kailangan mo lang talagang magbabad sa* driving range then sa field. *Iwas din dapat sa bisyo.* Be prepared *din sa sobrang init. Kaya dapat kondisyon ang katawan mo sa laro. Nung kabataan ko, kahit* 54 holes *kaya kong laruin sa isang araw.*

**Do pros talk trash to each other?**
*Sa* tournament proper, *hindi. Sa* tee-off *puwede pa. Pero pag nasa* field *na kami, wala nang imikan.*

# ROBERT PACTOLERIN

**Learn from the golf pro and former Phi champion's vast knowledge!**



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Though it makes up only two percent of our total body weight, the brain demands 20 percent of the body's oxygen and calories.



Sonny Ramirez Illustration

# BAR ROOM JOKES

## Prove others you're as funny as you look

### Donkey conk

A man bought a donkey from a preacher. The preacher told the man that it had been trained in a very unique way, being the donkey of a preacher. The only way to make the donkey move forward was to say, "Hallelujah!" And the only way to make it stop was to say, "Amen!" The man was pleased with his purchase and immediately got on the animal to try out the preacher's instructions. "Hallelujah!" shouted the man. The donkey began to trot. "Amen!" shouted the man. The donkey stopped immediately. With a "Hallelujah," he rode off, very proud of his new purchase. The man traveled for a long time through some mountains. Soon, he was heading toward a cliff. He could not remember the word to make the donkey stop. "Stop!" said the man. "Halt!" he cried. But he donkey just kept going. "Oh, no...Bible! Church! Please stop!" shouted the man. The donkey just began to trot faster. He was getting closer and closer to the edge of the cliff. Finally, in desperation, the man said a prayer. "Please, dear Lord, please make this donkey stop before I go off the end of this mountain. In Jesus' name, Amen." The donkey came to an abrupt stop just one step from the edge of the cliff. Ecstatic with the miracle, the man then shouted, "Hallelujah!"

**Rodulfo Paglomotan, by email**

### Wrong heaven

Three priests died at the same time and went directly to the Pearly Gates of Heaven. They were greeted by St. Peter. "All three of you have been very clean and honest in serving God in your previous lives," he said. "But before anything else, I need to test how you can withstand temptation. You must not have an erection in the test that I will give you. If you do, then our good friend down below will be more than willing to accept you as a welcome guest." All three of them agreed. The first priest was tested. A very lovely, half-naked lady appeared in front of him. She danced around the first priest in a very erotic manner. In just a short while, the priest felt stiffness in his manhood and could not stand the urge of an erection, and soon enough–poof! The first priest was gone. The second priest was next. A very lovely lady appeared, much lovelier than the first one and this time fully naked. She danced around him in a very erotic manner. After a while, nothing changed; it seemed that the priest could withstand his urge. The girl slowly came to him and started licking his ears, his chest, then his manhood. Suddenly, he felt the stiffness of his cock and–poof!–down came the second priest. Now it was the third priest's turn. A very lovely lady appeared in front of him, much lovelier than the previous two girls and also fully naked. She danced in a very erotic manner, but still nothing happened to the priest. After a while she kissed the priest, licked his ears, neck, chest and cock. She sucked it hard hoping he'd have an erection, but to no avail. Moments passed and nothing happened, so St. Peter decided to stop the test. "That was a very good display of faith!" St. Peter said. "I must admit you have such a ton of courage to resist that urge. Since you passed the test you may now enter His kingdom." And so St. Peter looked to find his key to the Pearly Gates. He realized that he had tucked it inside his white robe. He bended over and inserted his hand inside his long gown to reach for it and started to pull the key. In the process, the white robe was let open at the side, exposing his long, white, and slender legs with dark curly hair all over. The robe was opened some more until St. Peter's butt cheeks were now seen visibly by the priest. In an instant, the third priest was gone.

**Noel, by email**

### BEST WISHES

Three men came across a female genie, who promised to grant each one a wish. "Make me 25 percent smarter!" said the first man. The genie blinked, and the man said, "Hey, I feel smarter already!" The second man said, "I wish I were 50 percent smarter!" The genie blinked, and the man exclaimed, "That's wonderful! I think I know things now that I didn't know before!" "I'd like to be 100 percent smarter!" screamed the third man. The genie blinked, and the man became a woman.

**91m11, by email**

### Couple trouble

A husband and his wife have a bitter quarrel on the day of their 40th wedding anniversary. The husband yells, "When you die, I'm getting you a headstone that reads: 'Here Lies My Wife–Cold as Ever.'" "Yeah?" she replies. "When you die, I'm getting you a headstone that reads: 'Here Lies My Husband–Stiff at Last.'"

**Trebliw, Angeles City**

### JOKE WINS PRIZE!

Send your entries to: *FHM* Ladies' Confessions, 6F & 7F Robinsons Cybergate Center Tower3, Robinsons Complex, Pioneer St., Mandaluyong City 1550. Or try our fax (6372205) or email (fhm@autumnmedia.com.ph). Joke of the month gets **Coast gift pack** from **Unisell.**

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# Reviews

Your leisure time tested and sorted

PAYBACK TIME
*Rohan*'s revenge system teleports you where your ego-tripping enemy is. It's that easy!

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# ROHAN ONLINE

## Revenge is best served cold in Level Up! Games' latest MMORPG

**Rohan Online**
**Where:** PC
**What it's about:** *Rohan* is Level Up! Games' newest recruit, and the latest addition to the many MMORPGs plaguing the Philippine online gaming scene. In its deepest core, *Rohan Online* is a hardcore PvP and designs all its game frills around it–along with the game's shouting-through-your-ears-until-they-bleed theme: vengeance. You'll be choosing from the six classes: Human, Elf, Half-Elf, Dhan, Dekan, and Dark Elf and you're off to your tutorial sessions.
**What's good about it:** PK (Player Killing) has always been a fun past time when your girlfriend's not around...but when a random player suddenly comes up to you and treats you like a slab of ham, who's seemingly "aching" to be sliced and diced...well, that's not very nice. *Rohan Online* takes good care of your ego and hands you the perfect payback in the form of its Revenge System, which teleports you to where your idiot of a killer escaped. All that's left for you to do is to do what your momma always told you: Do unto others what you want... Oh, you get the drift. But that's not all to see here. Its Multiple Kill System awards you bonuses in forms of EXP boosts for every 20 consecutive monsters you've slain, working up your level exponentially. Township Battles in *Rohan* are also a little different. Instead of the regular charge and barge, fist-full rumbles, you'll be stretching your wits a little for some tactical warfare and strategizing. (We're not just bloody monsters!) Your guild can engage other guilds for town governorship and–ching ching!–the power to impose tax. Lastly, but the best part of it for all you racketeers, is that although the game is free for all to play, you may opt to sell your character–once it's marketable, of course.
**What's bad about it:** For a game that centers on "revenge," you would think that opening up player killing early on would be the first thing it'd do. But you'll have to wait until level 30 to have the "right" to take another player's life–and waiting can be a real drag. And when you finally do get the chance to unleash your murderous streak, the game throws you a conscience. You've got to hide your horns and fangs when you're in "safe zones" like towns, and you're only allowed five kills for every three hours or else, you'll be branded a "murderer." You'll then have to pick your targets wisely and wait for long hours before the label is lifted. Hmmm...isn't that what the formula PvP + vengeance is about? And if you decide to be a killing machine, your EXP will suffer gravely if you get taken out yourself. Of course, all these are cleverly weaved in so that the game doesn't erupt and there'd always be people left to kill (though the bloody battle scene after you hit level 30 looks pretty much like it couldn't blow up any bigger). Township Battles will also take a

SLAY RIDE!
*Rohan*'s M.Kill System awards you bonuses in forms of EXP boosts for every 20 consecutive monsters you've slain.

WORDS: CARA MAIA TANLIMCO



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The earliest known interactive electronic game was created by Thomas T. Goldsmith Jr. and Estle Ray Mann on a cathode ray tube in 1947. The game was a missile simulator inspired by radar displays from World War II.

NEXT BEST THING?
At first blush, you might write *Rohan* off as another online multiplayer trying to pass as the next best thing, but if you're looking for a blood fest and the chance to avenge your own death without the long wait, then *Rohan*'s the best place to be.

## THE SWEETEST THING

**Paybacks that own**

**COUNT OF MONTE CRISTO**
Sorry, you have just been dethroned. Here's a chess piece for all your troubles.

**TRANSFORMERS: REVENGE OF THE FALLEN**

## SWINGERS

**Blister-inducing pleasures—get your thumbs ready**

**THE CHRONICLES OF RIDDICK: ASSAULT ON DARK ATHENA**

ng off stolen wealth. He stars in this mix-up world out to rescue his bad boy ily weakness, Eva. ★★★★★

**ND THEFT AUTO: ATOWN WARS**

take to the streets to expose the Triad ndicate—and all the filth that rails behind it n in game economy with fluctuating prices nes, odd jobs, street races, and an all-new asion system. ★★★★★

**LAST REMNANT**

same bunch of brains that created *Final* omes the *Last Remnant*. Plug in as n has to save his kidnapped sister Irina tacks will come blow by blow, especially cale battles. ★★★★★

a little scarce for our taste, but nonetheless, the M. Kill feature will work things out for you. If you're looking for a blood fest and the chance to avenge your own death without the long wait (and search!), then *Rohan*'s the best place to be. ★★★★★

# NINJABLADE

## Live your Karate Kid dreams

**Where:** X360

The battle erupts in the Land of the Rising Sun, where ninjas X their blades against a genetically mutating disease. You play as chief ninja, Ken Ogawa, left by his dead allies, his two-timing ex-allies, and even his dear father, to save modern-day Tokyo and the world from mutant germs. Kick-ass Ninja abilities, like the Ninja Vision (to detect enemy weak points, secret paths, etc.) and the Todomé Attack (to inflict a fatal wound to an enemy's core) help you in your quest to disinfect the streets of Tokyo. And if you had little boy dreams of becoming the Karate Kid, you can also invoke the Ninja Master level, Ninjutsu—an explosive electrical force used to stun and fry enemies. The game also throws some cool add-ins to the package, like players having the ability to interact with in-game cut scenes and basing its 3D maps from actual skyscrapers and building tops of modern-day Tokyo. This Xbox exclusive kinda feels like it came out of the Ninja Gaiden franchise, but not, as it takes the more cinematic action route. ★★★★★

**GRA CH**
**DS**

**THE**
**PC**



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William Shatner posted a video on YouTube, complaining about not being cast in the latest Star Trek film. "I'm just sorry that I'm not in your wonderful movie," Shatner tells director JJ Abrams in the video.

Britney's comeback music video elicited a mixed reaction from the boys

THE BIG ONE

**SKY-ROCKETING**
Of the 11 *Star Trek* flicks, this is the most expensive by far, with production costs amounting to $150 million. *Star Trek: The Motion Picture* (1979) cost $46 million while *Star Trek: Nemesis* (2002) cost $60 million.

# STAR TREK

## The eleventh Trek film that can get even a non-Trekkie's knickers wet

**Who:** **Chris Pine** *(grumpy)*, **Zachary Quinto** *(half-human)*, **Eric Bana** *(evil)*

**What's it about:** Although *Star Trek* creator Gene Roddenberry's idea of creating a prequel film came up as far back as 1968, no one actually got into doing it until director JJ Abrams and his crew decided to give it a go. Here we go back to the early days of BFFs James T. Kirk (Pine) and Spock (Quinto). On board the USS Kelvin, Kirk, together with half-breed Spock, tries to take on the evil Romulans. Just when you thought those aggressive and beastly Klingons were the worst, this latest depiction of Romulans will make you think otherwise.

**What's good about it:** No hard-to-understand Treknobabble, so anyone can pretty much get the scenario of this sci-fi flick.

**What's bad about it:** Your Trekkie girlfriend would probably wish the movie had hints implying a Kirk-Spock love angle.

**The verdict:** Likeable—even if you were a non-Trekkie who used to think that Spock was just some regular dude with weird eyebrow-tweezing habits. *****

## CINEMARATHON

**Complementing your popcorn this month...**

### TERMINATOR SALVATION

**Who:** **Christian Bale** *(potty-mouth)*, **Helena Bonham Carter** *(scary)*, **Moon Bloodgood** *(bloody-hot)*

**What's it about:** Set in the post-apocalyptic 2018, this finds John Connor (Bale) leading the human resistance against Skynet and its army to stop the possibility of the entire human race going kaput.

**Useful/useless bit:** Among other production issues, director McG and studio The Halcyon Company discussed whether they should include a topless shot of Moon Bloodgood in the flick.

*****

### ANGELS & DEMONS

**Who:** **Tom Hanks** *(intense)*, **Ewan MacGregor** *(faithful)*

**What's it about:** An adaptation of Dan Brown's bestseller, this movie has Tom Hanks reprising his role as Robert Langdon, a Harvard symbologist. Langdon investigates evidence that leads to the ancient secret brotherhood known as the Illuminati. This flick should be life-altering for you, especially if Brown's two popular novels (including *The Da Vinci Code*) are the only books you've read in your entire life.

**Useful/useless bit:** Some people believe that a lot of notable people, including Winston Churchill and David Rockefeller, were Illuminati members.

*****

### DANCE FLICK

**Who:** **The Wayans brothers** *(obnoxious)*

**What's it about:** This comedy makes fun of the dance film genre by spoofing popular big screen hits and misses like *Step Up*, *Save the Last Dance*, *Hairspray*, and *You Got Served*. Directed by Damien Dante Wayans, *Dance Flick* is like any other Wayans brothers movie: infinitely funny in some parts, sad and exhausting in most parts.

**Useful/useless bit:** It took a whopping $25 million to spoof a $12-million budgeted, $114-million-earning dance movie.

*****

WORDS: RHEA M. CATADA



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Some scenes in *Valkyrie* had to be re-shot after the original film was damaged due to wrong chemical treatment.

SOLO FLIGHT
The Spirit originally had a sidekick in the comic series, called Ebony White, but Frank Miller removed the character from the movie because of its racial stereotype.

# THE SPIRIT

## *Poltergeist* with a twist

**Who:** **Gabriel Macht** *(vigilante)*; **Eva Mendes** *(vixen)*; **Samuel L. Jackson** *(villain)*

**What's it about:** A Frank Miller adaptation from the comic book series by Will Eisner. The Spirit (Macht) is an ex-cop who mysteriously survives a brutal attack. He lurks at nighttime to find his evil arch nemesis Octopus (Jackson), who plans to destroy the whole of Central City. In tracking down Octopus, The Spirit meets a throng of sinfully seductive women, who want to either love him or kill him—sometimes both. He also goes head to head against his former flame, Sand Saref (Mendes), who dangerously changes the course of his mission.

**Extras:** Casts' and director's interviews and a behind-the-scenes look are real bonuses. Watch it in all its widescreen, full-screen, Blu-Ray, and Dolby glory.

**Verdict:** One word: BABEFEST. Eva, Scarlett, Paz, Jamie—how hotter can this movie get?

## SLOUCH AWAY!

**A nightout with the boys vs. a night on the couch**

| THE FILM | YOUR MATE | YOUR GIRLFRIEND | THE FILM NERD | MANONG DIBIDI |
|---|---|---|---|---|
| **BIG STAN**<br>Stan is a weakling who gets sentenced to jail for fraud. But before serving time, he learns kung fu from a teacher known only as The Master to protect him while in prison. ★★★☆☆ | It's a Rob Schneider flick, so don't expect a Spielberg masterpiece. But for all it's worth, you get a few laughs out of it. | **Rob is just adorable! Out of all the gross movies you guys watch, his are the only ones I can stand. And I'm not biased just because he's Pinoy!** | Half-Filipino Rob Schneider got his first break when he appeared on *Late Night with David Letterman* in 1987. | **I no need master to learn kung fu. Just *dos por dos* will do.** |
| **MY BLOODY VALENTINE**<br>An amateur miner causes an accident, which traps and kills five men. When a survivor wakes up from a long-time coma, he comes back for revenge. ★★★☆☆ | **It's ugly, it's grotesque, it's bloody. Pretty much sums up the whole movie, but it's a guilty watch if I may say so.** | Why did I have a feeling I wasn't going to enjoy this, judging from the title alone? | **This is a remake of the 1981 Canadian film starring Lori Hallier and Paul Kelman.** | I have bloody valentine once. My *gelpren* find me with other girl, and she kicks me in nose. My nose break, I bleed and cry. |
| **ROLE MODELS**<br>Two frat boys get sentenced to hours of community service, having to mentor a profane fifth-grader and a timid teenager to get over their issues. ★★★★☆ | Seann William Scott is a classic when it comes to comedy flicks. And Paul Rudd is starting to prove his comic worth in movies such as *Forgetting Sarah Marshall* and *Knocked Up*. This is like *Superbad* meets *Blades of Glory*. | **Wow. You really never get tired of watching the same jackass cornballs.** | Paul Rudd used to be a DJ at Bar Mitzvahs before he launched his acting career. | **I thought there lots of beautiful girls in this movie. Why it say models when there no girls?** |
| **BEDTIME STORIES**<br>A hotel employee gets the surprise of his life when the stories he tells his niece and nephew start coming true. He tries to alter his tales, but the children's ideas change his life instead. ★★★☆☆ | **It's just not right watching Adam Sandler in a fantasy movie. It's like watching a pug trying to look like a poodle. It just doesn't fit.** | I love any Disney movie. I can't help it; it's all those princesses' fault. | **This is the first Happy Madison production that received a PG rating.** | I have many bedtime stories. But cannot tell little children, or I go to Bilibid. |

WORDS: MICA SIOLIJOR



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Weezer is named in honor of Rivers Cuomo's father, who is in an iron lung.

## MUSIC LADDER

**Releasing decent decibels this month...**

### IT'S NOT ME, IT'S YOU

**Lily Allen (EMI)**

Don't be fooled by the Polly-Anna-ish, upbeat demeanor throughout Lily Allen's sophomore album, the sardonic wit that has made Allen a MySpace darling in 2005 cuts through the blips, sampled beats and layered synthesizers and vocals, making this album entertaining to listen and dance to. But don't

now, but our current lineup has been set for just about three months. It's practically changing every time.

**Your music and lyrics make no sense in a good way. Who writes the stuff?**

**Joffy:** Well, they're mostly lyrics to songs I've listened to in the past. I listen to all sorts of stuff, but a lot of the lyrics we take from love songs...

**Aimee:** And then we mix them in with some original stuff inspired by the weirdest things—like cupcakes, for instance.

**Joffy:** By anything actually, like we would say or hear gibberish like "dang ding dang dong," and then we'd say, "Hey that could be a song!"

**Do you get offended when people say you don't sound Pinoy?**

**Aimee:** No. I think it's good that there's diversity in the Pinoy rock scene now, so we inject something that's weird and funny and doesn't make too much sense. So far *wala pa kaming naririnig na ganito ka-*

**"Supercool" was nominated at the first Asia Independent Music Awards in the "Best Sunshiny Feel Good Song" category. Is it a conscious effort to make happy music or does that come naturally?**

**Aimee:** It just comes out.

**Joffy:** Maybe it's a reaction to all the songs coming out of the radio...

**Aimee:** They're all emo! We look at this band as an outlet for fun. And I don't want to say that we enjoy playing with each other because that sounds bad! Ha ha!

**Aimee sang an alternate version of "Waltzing Away" with Nina (lead vocals) on the album. Can we look forward to hearing Aimee sing more in the next album?**

**Aimee:** We're trying to make it so that everyone in the band sings. If you hear "Supercool," all of us sing on that song. So I think that's going to be the trend for the next album, hopefully—we want everyone with a mic.

**Joffy:** So we don't get sick of our voices, ha ha!

TRACKLIST

1 Fuck On The Floor
2 Instrumental A
3 Indariko 44488
4 Le Metronome
5 Lovin' N' Pumpin'
6 Murasaki Blue
7 Sparkle
8 Sun
9 Supercool
10 Waltzing Away
11 (secret track) Waltzing Away

Although it might not be worth mentioning their sophom effort, *You Could Have It So Much Better, Tonight* is well worth the four-year wait. Trading scratchy guitar riffs that were predominant in their first two albums for beat samples, quirky keyboards, and mirror ball disco, the Scottish quartet runs us through songs that you can dan and flirt to, whilst of course retaining some semblance o cool. ★★★★½

### BLACK ICE

**AC/DC (Sony/BMG)**

Released eight years after their last studio album, *Black Ice* proves that these granddaddies have still got enough spunk in them to rock 'n' roll. Vocalist Brian Johnson hasn't lost his menacing growl, drummer Phil Rudd's still slick with his sticks, bassist Cliff Williams grooves to eighth-note lines and the Young siblings' guitar riffs threaten to break out of your speakers. Still something you can listen to with the volume cranked up and your mullet down. ★★★★½

WORDS: CLARISSA CONCIO-TIGLAO



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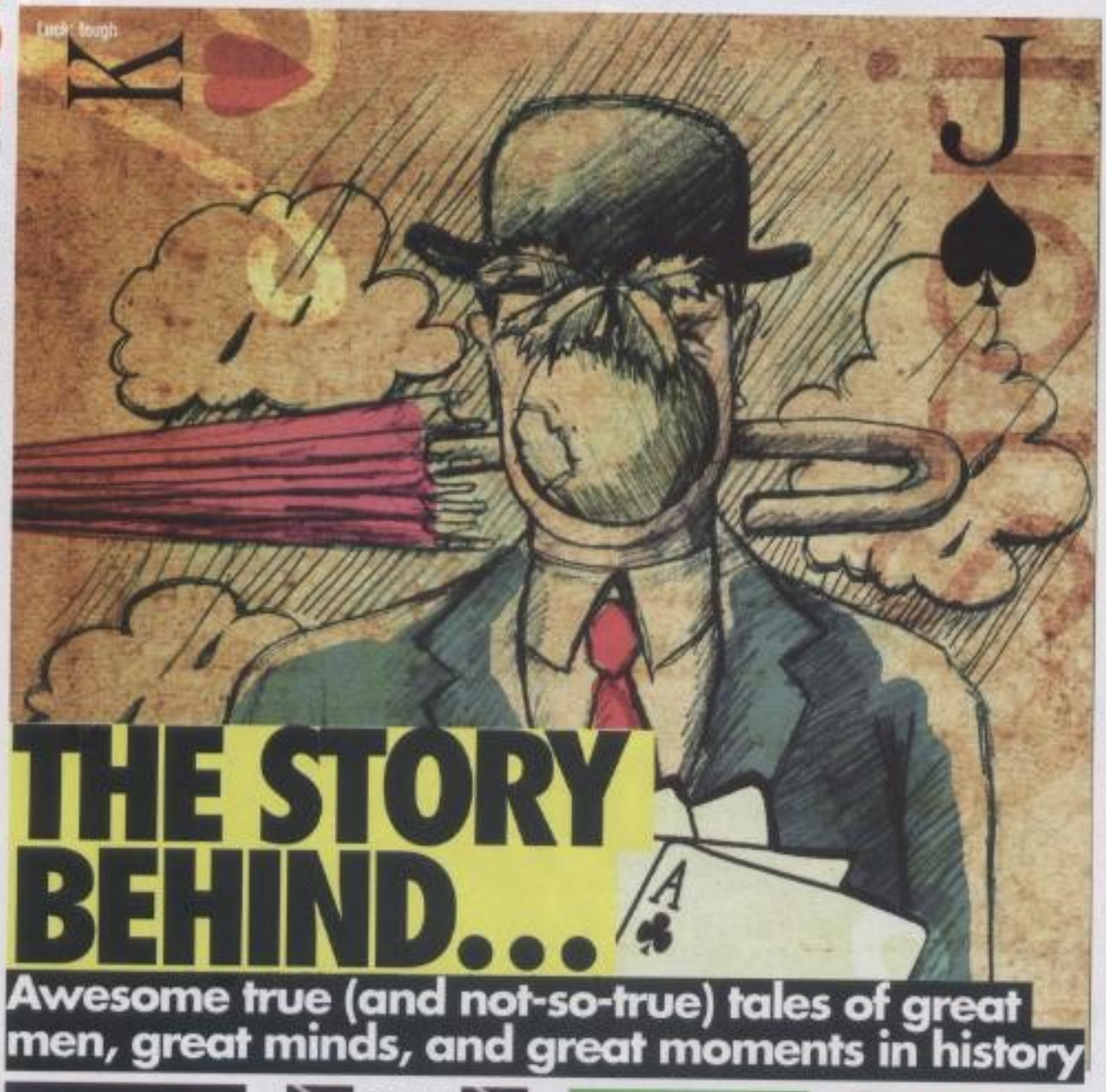
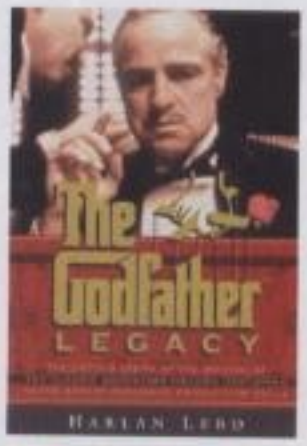
Murasaki Shikibu wrote the world's first novel, *The Tale of the Genji*, in around 1008.

Illustration **Tracy Beverly Santuyo**




# THE STORY BEHIND...

## Awesome true (and not-so-true) tales of great men, great minds, and great moments in history




### THE GODFATHER LEGACY

**Harlan Lebo**
(Fireside)

Paramount Pictures and Francis Ford Coppola breathed life into the sordid mafia world created by Mario Puzo. But what crept behind the mobsters' machine guns and schemes? Coppola's conflict with the studio bigwigs, the pressure-packed film schedule, and input by actual members of the mafia. You'll want to sit for a *Godfather* marathon just to see what exactly he's talking about.

### SEINFELD AND PHILOSOPHY

**William Irwin**
(Open Court)

Jerry and his gang of oddballs left with an impressive bang, so much so that William Irwin decided to take this show "about nothing" to answer a whole lot of something left by the greatest philosophical minds in history—Socrates, Plato and Nietzsche. Divided into four acts, this book sheds light theories formulated and problems posed by these amazing thinkers, all thanks to Seinfeld.

### STIFF: THE CURIOUS LIVES OF HUMAN CADAVERS

**Mary Roach**
(W. W. Norton & Company)

As we near the end, we make sure we live a fulfilled life for other people to remember us by. But beyond death, there is greater purpose and Mary Roach grippingly explores the aftermath of cadavers and their valuable contribution to world history. Not convinced? Well, have you taken a ride in the NASA Space Shuttle? Looks like a dead body's got one up on you.

### THE MAN WHO MADE LISTS

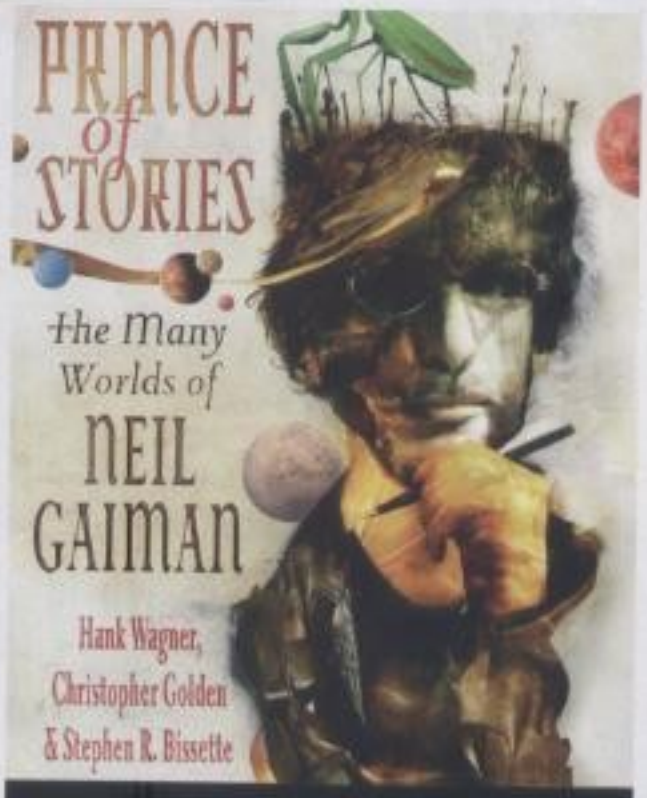
**Joshua Kendall**
(Putnam Adult)

Thesaurus inventor Peter Roget spent his life making lists of all kinds—synonyms, catalog, record, inventory, registry—to cope with his crazy family. *The Man Who Made Lists: Love, Death, Madness, and the Creation of Roget's Thesaurus* tells us about his life: girls swooning over his scholarly studliness, his happy marriage, and his life as a first-rate scientist, lecturer, and wordsmith.

### BRINGING DOWN THE HOUSE

**Ben Mezrich**
(Free Press)

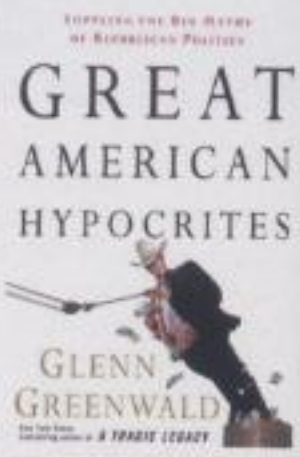
So what happens when you've got a bunch of guys from the Massachusetts Institute of Technology enter a Vegas casino? Mezrich's inside story gives us a close-enough scenario. There are no disguises and schemes like George Clooney and his bunch from *Ocean's 11*. But you've got the coolest geeks with their minds set ablaze from card-counting at the blackjack table.




### PRINCE OF STORIES

**Hank Wagner, Christopher Golden, Stephen R. Bissette**
(St. Martin's Press)

Neil Gaiman filled your imagination with the worlds of gods and other unearthly beings. But what goes on in his intimidatingly gifted mind? Wagner and friends team up and sit with Gaiman himself, and hours are spent documenting the art of the graphic novel and the tremendous impact the masterful fantasist left on his readers.




### GREAT AMERICAN HYPOCRITES

**Glenn Greenwald**
(Three Rivers Press)

Here, The Republican is pictured as the coward who got out of serving his time in the military, or as the husband who left his wife for a younger woman. Sounds like another smear campaign against Republicans. But honesty is Greenwald's best strategy; his commentary truly dissects the Grand Old Party and we are left with lots of tiny yet formidable pieces of political truths.

WORDS: LILI NARVAEZ



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About 34,290 die from pancreatic cancer each year.

# THE BEAST

## ...that one with a gun

**AXN**
**Premiers May 12**
**Who:** Patrick Swayze *(not so cancer stricken)*, Travis Fimmel *(retired Tarzan)*
**What's it about?** This series is action-infused, with Swayze playing an undercover FBI operative with a forensic style that is nothing if not unorthodox, making him the best in the business. He is pitted against ruthless drug lords, dangerous arms dealers, corrupt cops, and deadly killers-for-hire while his partner (Fimmel) stabs him in the back. Figuratively.
**What's good about it?**
Expect police action, which somehow revolves into a good-cop, bad-cop scenario. There's conspiracy among the ranks. The trick here is to figure which side are you on.
**What's bad about it?**
Completed last year, this is possibly Mr. Dirty Dancing's last piece of work. Better pay your respects!
**The verdict:**
The stunts will get you pumping adrenalin from all the police drama. Sad, though, thinking the buff and able lead now fights a trickier battle for good health.

## COUCH PARALYSIS

**Your daily TV fix this month**

### ENTOURAGE (SEASON 5)

**HBO SIGNATURE MONDAYS, 10:30PM**
**Who:** Adrian Grenier *(celeb)*, Kevin Dillon *(feeling celeb)*
**What's it about:** It's getting pretty thick and the situation far stickier for the crew. On a bad slump, Vince must find a way to recover his career. His best friend and manager Eric is determined to get Vince back to the top, while struggling with his expanding management company.
**Fast fact:** Guest stars in season five include singer Bow Wow, Giovanni Ribisi from the show *My Name Is Earl*, Leighton Meester of *Gossip Girl* and Fran Drescher, star of *Living with Fran*.

### FOOL'S GOLD

**HBO MAY 10, 10PM**
**Who:** Matthew McConaughey *(dashing)*, Kate Hudson *(lusty)*, Donald Sutherland *(old)*
**What's it about:** A romantic-comedy about a couple who almost loses that lovin' feeling. Almost—because the two get their acts together and their flair sparked up again through their sense of adventure. But they discover something far more important than their relationship: a long-lost treasure and historical artifact.
**Fast fact:** The production of the film was delayed due to a deadly formation of jellyfish that prevented actors from dipping in the water.

### PU-239

**HBO SIGNATURE MAY 1, FRIDAY 10PM**
**Who:** Paddy Considine *(on the brink)*, Oscar Isaac *(gangster)*
**What's it about:** After being exposed to a deadly dose of radiation while trying to stop a disaster in a deteriorating nuclear plant, Tim, a devoted father and husband in post-Soviet Russia, impulsively steals a small amount of Pu-239 (weapons grade plutonium) and heads to Moscow with just a few days to live.
**Fast fact:** Plot holes. Tim states many times that his hometown is not on the map, which makes it impossible to send his letter home.



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# Hardware

## The world's coolest shiny stuff

**2009 Yamaha FZR**
Powered by a 1,812cc, 1.8 liter, supercharged, super high output Yamaha Marine Engine, the 2009 FZR will make you conquer all of the nasty elements you expect in racing against the waves. This jetski has a high level of maneuverability in the high-speed range, handy enough for the novices and sleek enough for the pros.
**Gimme:** P780,000
www.yamaha.com

**2009 Kawasaki Teryx RUV**
This RUV can hike Mt. Pinatubo without a sweat. Down from the foot up to its crater and along the shore, it can be your best buddy in moving your jetski around. The 2009 Teryx is also a fun ride that's easy enough to handle, built with good power and good suspension, and gives you an option to work with either two or four wheels.
**Gimme:** P1.7 million
www.kawasaki.com

**Outfitter Deluxe Pontoon Boat**
Turn your kayak obsession to a whole new level. This boat can go from full kayak to machine-powered boat in a snap and can carry up to 400lbs. It's even packed with lots of storage pockets for all your gadgets. The transport wheel can also be stowed up when you're in the mood for some good old fishing goodness.
**Gimme:** P23,000
www.networxjetsports.com

# Ride into the sun

**Conquer the planet with these mean machines–all good to go until the next summer!**

PHOTOGRAPHY: ROY MACAM; WORDS AND STYLING: MILO CANDELON ALL ITEMS AVAILABLE AT NETWORX JETSPORTS FOR MORE INFO VISIT WWW.NETWORXJETSPORTS.COM

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**2009 Yamaha 382 Limited**
The love child of a yacht and a speedboat, this jetboat is bred to elevate comfort, style, and luxury. With dramatic lines and dynamic Twin High Output Yamaha Marine engines, the 382 Limited S promises extraordinary performance, good enough for you to throw a party for two in the middle of the ocean.
**Gimme:** P3.5 million
www.yamaha.com

**Island Hopper Fun Boats**
This is no ordinary donut. It's more like a swan ride but amplifies the coolness level exponentially. Throw in the chow at the back, grab a few beers, and take the missus for a long ride while you cue in a theme song as you get washed away from the shore.
**Gimme:** P170,000
www.networxjetsports.com

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Rene Hyacinth Laennec invented the stethoscope in 1781 as a medical instrument to better listen to heartbeats, etc.

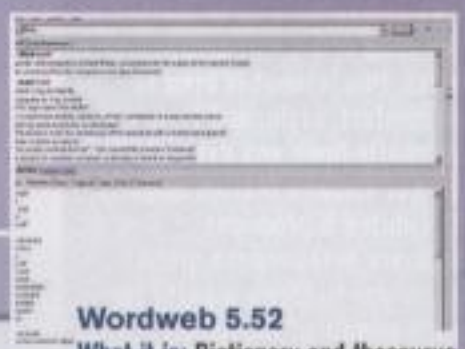
# Virtual freebies

## Score the hottest software downloads here!

JOBSEEKERS' BEST PAL

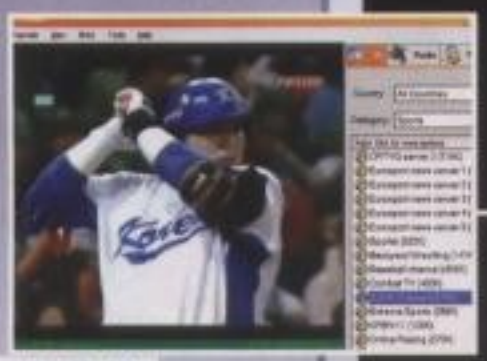
### OctopusCity Resume Writer 3.3.1.5

What it is: Resume maker
Allot: 2.18MB
When the recession strikes your way, better be fully equipped. This tool lets you create a professional-looking CV in minutes and make it available to recruiters.
Get it: http://download.cnet.com/OctopusCity-Resume-Writer/3000-18484_4-10904870.html?tag=mncol



### Wordweb 5.52

What it is: Dictionary and thesaurus
Allot: 7.44MB
It's nearly an all-in-one assistant to help you sound smart. Its database is vast, with more than 150,000 root words and 120,000 synonym sets. It also allows you to quickly view references, including Wikipedia.
Get it: http://download.cnet.com/WordWeb/3000-2279_4-10003201.html?tag=mncol



### Easy TV Radio

What it is: TV and radio on your PC
Allot: 10MB
Select from thousands of preconfigured channels worldwide and tune in to live basketball matches, talk shows, music videos, and news with a few mouse clicks.
Get it: http://www.brothersoft.com/easy-tv-radio-219145.html

VIRTUAL VIP ROOM

### Audacity

What it is: Virtual music studio
Allot: 2.1MB
An open-source software for recording and editing sounds, compatible with Mac, Windows, and GNU/Linux. You may choose between the new beta version or the old but more stable release.
Get it: http://audacity.sourceforge.net/download/

### Karma 2009

What it is: Instant karaoke show
Allot: 7.58MB
Karma (short for Karaoke Management) is the first karaoke show manager written from the ground up using Microsoft.net technology. It requires no plugins or other applications to run, and unlike its more popular peers, this is aimed especially at non-pro karaoke fanboys.
Get it: http://download.cnet.com/WordWeb/3000-2279_4-10003201.html?tag=mncol

WORDS: CHARMAINE Z. CHANCO

# WEIRD AUCTION

Stuff found on Ebay that might just tickle your fancy

### ZOIDS SRDX SEXY ACTION FIGURE

Want to get your hands on a hentai vixen? This is possibly the closest you can get. This Zoids lass is on her way to the beach--and she wants you to go with her. Plane ticket not included.
Starting bid: P1,200

### SHOCK PEN

Seems like a decent-looking sign pen, only this one sends jolts of electricity as your finger touches the clicker. Hand it to your pesky officemate who habitually nicks office supply and teach him a thing or two about borrowing etiquette.
Starting bid: P50

### BAD BOYFRIEND VODOO DOLL

This doll is especially made for ladies going through hell because her ass of a boyfriend screwed up. It's said to possess some voodoo magic powers, too. What? Your butt cheek is itching?
Starting bid: $9

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**Italian**
Styled in Italy, Chana takes pride in the Benni's fresh and modern design. The high-roof line (1.5m) allows ample front and rear head room.

In a perfect world, we would all be driving luxury cars that neither strap us of too much cash nor gulp gallons of gas every time we attempt to break a highway's speed limit. But we are not in a perfect world: Luxury cars are über-expensive and are enviro-killers, too.

That's until the Chinese decided to create the perfect solution: compact cars.

Chana, a Chinese car company that's been in the industry for quite some time but hasn't been enough of a noise-maker for anyone to notice, has entered local shores, starting with their flagship unit: the Benni. Chana's answer to Chery's QQ, the Benni is a 1.3-liter, ABS-brakes- and airbags-equipped gas-saver of a car. It's good for 14kms/liter of city driving and almost 18kms/liter when on the highway.

But don't let its diminutive looks fool your speed-hungry needs: The relatively small engine can produce a respectable 84 horsepower at 6,500 rpm and a maximum torque of 110 Nm at 3,500 rpm—quite enough to out-maneuver the buses on Edsa.

Leg space is also nothing to worry about, as there's ample space for five persons. And if you're really into the whole let's-heal-the-world-now thinking, then take comfort in knowing that the Benni meets Euro III compliant standards.

What worries us is its under-performing air-conditioning system. At full blast, we still could feel the piercing rays of the sun. And there also seems to be a well-amount of noise when driving; upon starting and while traveling the engine gives a weird "whirr" sound, the door also has a clanking sound when shut.

Now, if you're willing to overlook those shortcomings for a car that can save you gas money, then the Benni is for you.

**Sporty spice**
Completing the sporty look, the Benni is fitted with 14-inch alloy wheels, a rear spoiler with a third-brake lamp as well as front and rear fog lamps. The dashboard also features a high-contrast instrument panel with a digital-type trip meter.

**Safety first**
A standard package for the Benni includes an Electric Power Steering (EPS) system, a driver's side airbag, and anti-lock brakes.

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The bikini was invented in 1946 by two Frenchmen, Jacques Heim and Louis Reard. The bikini was named after the Bikini Atoll in the Marshall Islands, the site of the first atomic bomb testing.

# HOT METAL

## The shiny and beautiful after your cash this month

### SE rolls out new Cyber-shot phone

Just slide out the Sony Ericsson C903's protective lens cover and start taking photos with its five-megapixel camera. Everyone will look good—in your C903, at least—thanks to its Face Detection, Smile Shutter, and BestPic technologies.

### Touchy-feely

The HTC Touch Viva smart phone operates on the Windows Mobile 6.1 OS and features the TouchFLO technology, which makes navigating the phone an amusing treat. And with a P21,990 price tag, there's nothing to complain about.

### This laptop is more hardworking than you

Its 15-inch widescreen monitor makes the Dell Studio 1535 ideal for those in the multimedia industry, while its rubberized cover gives it a rugged and solid feel.

### Sony's techie picture frame

Imagine up to a thousand of your photos displayed in one LCD with the Sony S-Frame. Houseguests will be fixated on one area of the living room that they'll forget you never offered them a drink. Freebies up for grabs until May 31.

### Canon products go hand-in-hand with sports

Canon offers a diverse lineup of office products for both home and the office, including its XEED and LV multimedia projectors and LaserShot and PIXMA printers. And purchasing any of these until May 17 entitles you to up to P8,000 worth of gift certificates from Toby's.

### Mini me

Doing away with the plasticky feel most netbooks are associated with, the new 10-inch HP Mini 2140 features classy polished aluminum housing. It runs on either Linux or Windows OS and boasts a hefty 160GB of storage. See? Size doesn't matter.

### SAMSUNG ULTRA TOUCH IS ALL STYLE

This phone is all about *pavma*, designed to match your fashionista getup. The superb display is touch screen with a hidden keypad for appeal. It's also has anti-reflection screen coating to prevent glare.

### Again, a new iPod Shuffle

It's small—1.8 inches tall by 0.3 inches thin, to be exact! What else is there to say about it? How is this even possible? Apple moved its controls to its earbud cord, which is good for people who are always on the go. And with a capacity of 1,000 songs, it's not too bad for something smaller than your house keys.

### Full speed ahead

Get closer to the asphalt with the Genius TwinWheel FXE racing wheel for both PC and PS3. It features foot pedals with accelerators and brakes, and vibration feedback for a more realistic experience. Its suction cups and C clamp ensure that it doesn't fly from your desk no matter how carried away you are in the game.

### Nintendo launches the new DS

Finally, an upgrade! The Nintendo DSi is slimmer and has a bigger (3.25-inch) screen, a camera, a memory card slot, and MP3 playback, making it more than your ordinary gaming console.

WORDS: CHRISSY D. ICAMINA



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# Plainly prints

## The right way to combine printed matter

### DON'T

- Combine two contrasting prints such as stripes with plaid, or florals with polka dots.
- Put together overly apparent prints. Subtlety is key when wearing graphic wear.
- Go monochromatic just to inject some solidity into your fashion statement.
- Think it's cool just because it's trendy. Hammer pants were trendy, but no one beyond the beat box crew wore them right.

### DO

- Reserve the louder, more noticeable prints for your shirt or top. A graphic tee is usually a good starting point.
- Pair it with subtly-printed bottoms such as a pinstriped pair of trousers.
- Play with color. Prints pop out better on a colored or white canvas.
- Practice restrainment. Head-to-toe prints usually just work on the catwalk.

# PROVOCATION, PLEASE

**It's getting even hotter in here**

We love Calvin Klein. Ever since they put the pre-pubescent and pre-plucked Brooke Shields in their campaigns, cooing "Nothing comes between me and my Calvin Kleins," we knew, right away, that they were the masters of provocation.

The tradition continues with the new spring/summer ad campaign. Shot by renowned photographer Steven Meisel, a favorite of the brand, and featuring a cast of barely- up-and-coming models, the contentious images capture a sensual soiree of sweaty limbs, unkempt hair and, of course, fit-like-a-glove denim pairs. As if we needed to raise the temperature even more.

Calvin Klein Jeans boutiques are located at Mall of Asia and Greenbelt 3.

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# Love Nest!

Voluptuous **Valerie "Bangs" Garcia** is fully hatched and ready to fly to intoxicating heights!

PHOTOGRAPHY: DOC MARLON PECJO
INTERVIEW: ALEX C. PAITA
STYLING: BADJ GALIAS-GENATO
MAKEUP: JIGS MAYUGA FOR L'OREAL PARIS; HAIR: VIANNEY GUESE OF L'OREAL PARIS STUDIO LINE
SET DESIGN: RAFFY TESORO AND GHIA VICENTE; SPECIAL THANKS TO MR. JOHNNY MANAHAN AND GIDGET DELA CUESTA OF ABS-CBN STAR MAGIC

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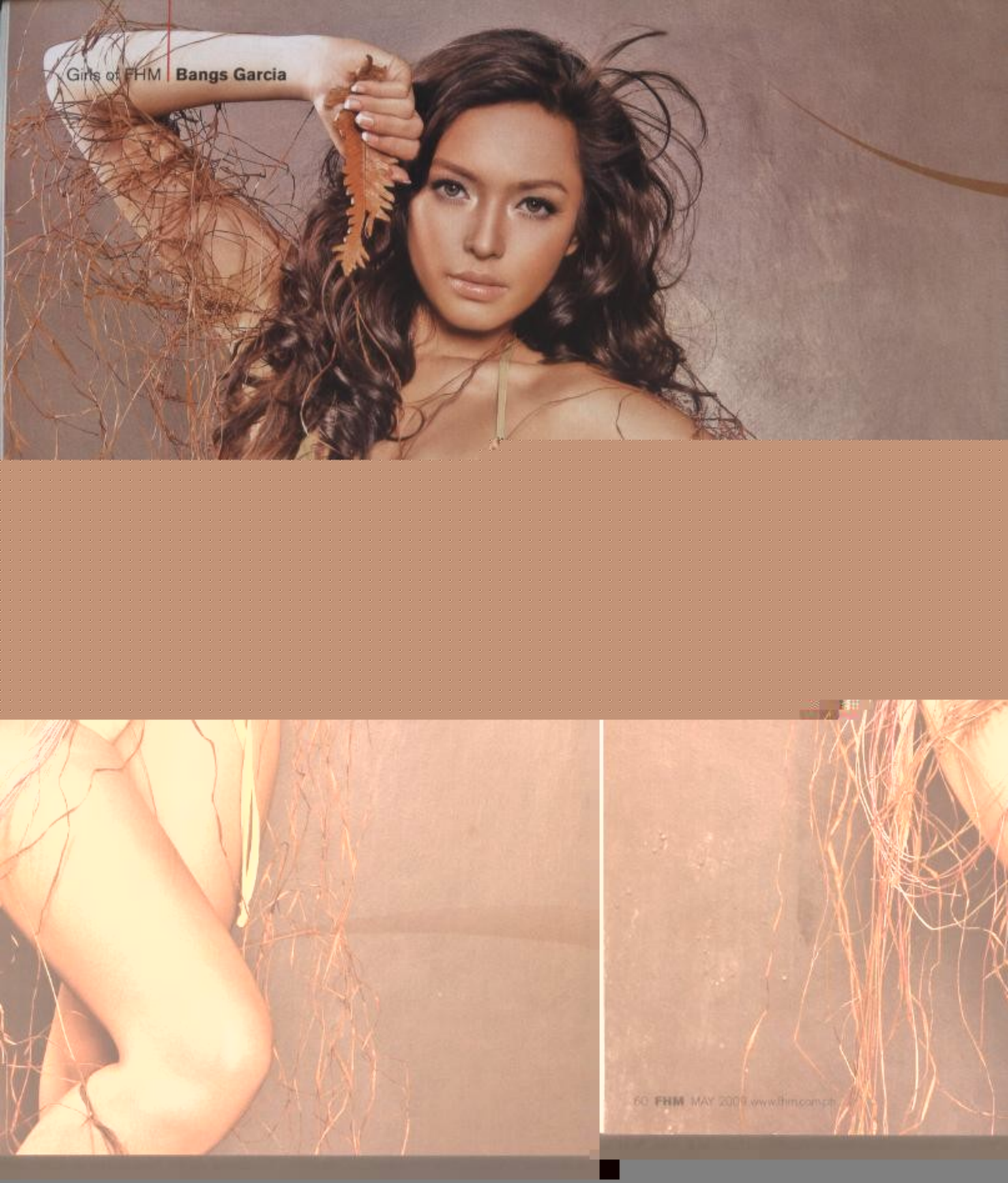



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Quite baffling how some people are called names as though one's petty design flaw could sum up their whole existence. Take for instance Nognog (not his real name), this geeky, charcoal-skinned dude here in the *FHM* office who reports to work in large T-shirts, faded *maong* jeans, and soiled rubber shoes. He's also tall, has a well-angled nose, and is no doubt a computer genius, but no one calls him "The Computerminator" or "Manly Man," or any testosterone-charged moniker for that matter. Instead, "Nognog" is what he gets.

But even more baffling is how the addressed responds to their given name in a snap, unwittingly acknowledging the public's blatant disregard for their other strengths.

Now we won't go as far as talking Aristotle and saying name-calling is also a propaganda technique that makes an important case study among anthropologists, historians, child psychol

*na naka-cover yung mata ko.* So I exaggerated my hand gestures.

**And the formula did work, apparently.**

Yes, because of my bangs, *nagkaron ako ng* trademark. When you say *Let's Go*, bangs *agad yung naaalala ng tao*–"*yung* girl *na naka-cover yung* face."

**Why do you think it was so?**

At the time *usung-uso yung* rock bands; *maraming* students *na nagpalagay din ng* bangs. It was flattering *nung nalaman ko yun, na nagkakaron ng* impact *yung* show because of my bangs. *Naging* controversial *siya kasi hindi nila alam yung totoo kong itsura. Sabi nila, ano kaya'ng itsura nung* Bangs? *Siguro kirat siya, siguro may malaking peklat yun sa kanang mata*, or something like that. *Natatawa na lang ako.*

**And, boy, were the cynics surprised!**

Ha ha! Because of that *pa nga, maraming bumibisita sa aking* viewers *sa* studio taping just to see my real face in person. *Kaya* thankful *din ako kina* Direk Bobot Mortiz, *sa* writers and staff *ng Let's Go.*

**Do you think things would've been the same if your bangs were, say, styled a la bowlcut?**

Ha ha ha! I've had that actually. *Kasi* joined *Close Up to Fame*

*mata ko.* It was my first primetime show, my first *teleserye na* every day *ipinalabas.* It was a big exposure for me. *Sobrang hirap pa siya kasi* action. We went to Macau *pa* to shoot. I had training for Wushu–*buti na lang* I dance so it wasn't that hard for me to learn martial arts.

**And you didn't only expose your face but your other goodies as well...**

Ha ha! *Mas* mature and sexy *na yung* role *ko*, unlike before *na pa-tweetums ako.* It was a big transformation for me. First time *akong nakita ng tao na may* torrid kissing scene.

**And you've just declared an all-out war against non-bikini clothes in your own liquor calendar. Was *FHM* really the next logical step?**

Actually *matagal ko nang naisip na mag-pose sa FHM.* I was still in *Let's Go*, but there was no way to pose in a men's magazine before because I was in a youth-oriented show. Until now I want to maintain a sexy but wholesome image. *Ayokong ma-limit yung sarili ko sa* sexy role. *Gusto ko magawa ko rin lahat.*

**What makes you sexy?**

Ha ha! You know, I can be sexy even without showing flesh. For me sexiness depends on how a woman carries herself. It depends on her projection, *lalung-lalo na sa* personality *niya.* A woman is sexy because she's smart, because of the way she speaks. *Kasi* it shows, *dun nagre-reflect yung* personality *ng babae. Sa akin hindi importante yung* physical attributes. *Dapat lahat ng nag-a-aspire na maging*

lives on. And oh, some of her clothes had to go, too...

**Unlike other upstarts who made a name by flashing their face on TV and print, you made yours by concealing it under strands of hair. How's that?**

At the time I was awkward and hesitant, *kasi pag artista* even without saying anything, you can express *kung galit ka o masaya ka.* It was really challenging for me

because *dun ako nakila*
Bangs Garcia *na talaga*, althou
*wala nang* bangs *na nakatakip*



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models or celebrities, *siguraduhin nilang* they are smart enough to handle themselves so they won't lose the respect of the people, especially the guys. *Para hindi ka lang nila tingnan* as a sex object.

**Why wait one, and be a poster girl for a Sauce drink, what can you say about alcohol?**

You should know your limit. Actually *dapat lahat ng* celebrity *maingat diyan*, especially when they're out in the public. *Dapat maging* good icons *sila*. Drinking moderately—that's what I endorse.

**You have been asked in Bicol, Why should we visit Pearl Farm, Sorsogon and the Bulusan Lake?**

It's nice to visit Pearl Farm. It has very nice, white sand—*para siyang* Boracay but for relaxation *talaga*. *Doon may* peace of mind *ka*. That's the best tourist spot there.

**Is it true that Bicol is the province of the most rude people?**

Actually, before I came here, that's what I thought, too. But then I found out later *na wala naman palang* difference. It all depends on the person; *marami rin namang mababait na* Manileños.

**Was that a kiss you gave to Alvin Anson? Was it a real kiss? Was it real?**

I'm not sure. Maybe *sa bangungot*, but it felt real. Although *nakakaramdam ako*, a lot of times.

**Would you fall for a guy who fears ghosts more than you do?**

Ha ha! I'm not sure… *Kung sa multo pa lang takot na siya*, then how can he protect me from a real person who could do me harm? I want a guy who can guard me all the time, who can make me feel safe in his arms.

**Are we seeing more of you this year?**

I have an afternoon *teleserye* on ABS-CBN called *kambal sa* (Uma). I'm portraying a contravida role for the first time. I have a film coming out around June or July. It's titled *Manno*, about the lives of seamen. I'm doing the film with Ms. Ara Mina and Allen Dizon as the husband.

**This FHM shoot has an earthly, Mother Nature feel to it. Do you think the world will end soon?**

No, I don't think so…I know there are a lot of people who care about the environment, although *meron din akong nakikitang mahilig mag-litter, namumutol ng* plants and trees. I also hope this shoot will remind people to take care of Mother Nature more, of nurturing our plants more. *Alagaan natin ang* environment *kasi tayo rin ang magsisisi* in the end.

**What do you know you can't do without?**

I love plants, actually. We have a lot of plants at home. And *ako rin*, I do tree planting in different places. I was in fact [philippineyouth.com's] Youth Ambassadress in 2006. Every year they have programs, and part of it was tree planting. We went to Quezon Province, *may* plants *kaming itinanim dun*. I have my name there. In my own personal ways, as much as possible, I don't want to litter. *Pag may basurahan dun talaga ako nagtatapon*, and I segregate trash.

**On a more serious note, how do you take care of your body?**

I don't go to the gym but I do some exercises—sit-ups, twists. Discipline *din sa pagkain*. I eat rice but when I feel bloated, *nag-le-lessen ako* or I eat no rice at all. *Dapat may gulay* or fruits, *hindi puwedeng* meat *lang* every day. I take vitamins C, E and iron.

**We were pleased/pleased we were quite shocked to see you're gifted in the chest department. Scientifically speaking, how big are they?**

My bra size is 34; sometimes 36. But when I measure it, it falls around 35. *Maraming taong nagsasabing* they look big for me, and they're wondering if they're real. I'm proud to say *na walang pinagawa sa akin kahit sa mukha* or *katawan*. *Yung iba nga* they touch my breasts just to see if they're real—girls *ha*!

**Taking it that you see them as a blessing, do you get offended when men ignore your breasts?**

Ha ha ha! Actually that's good for me *kasi ang pangit din naman kung yung lalaking kausap mo nakatingin lang sa* boobs *mo*. I don't care *naman*. I'm not the type *na*, "Hey, look at me, I have big boobs." *Hindi ko naman siya pina-flaunt masyado*.

**Did you ever thought of being Bangs a nickname?**

What?! No! Never! Ha ha! **FHM**

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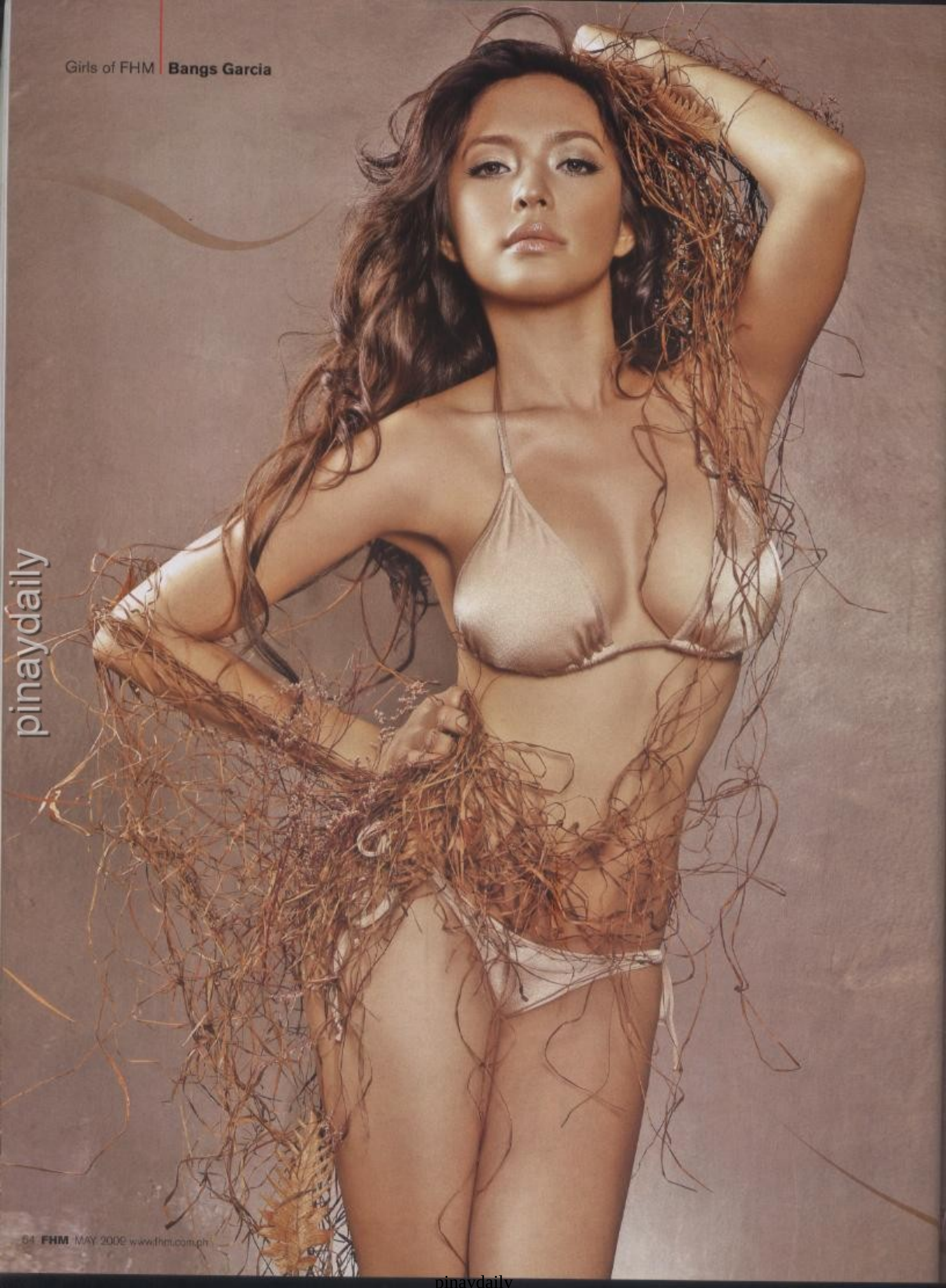

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Women should know how to handle themselves so they won't lose the respect of others



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I want a guy who can guard me all the time, who can make me feel safe in his arms

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# Her Secret Service

**_FHM_ dims the light and draws the curtains to get to know Ella Rose, author of _Diary ni Ella: Confessions ng isang Masahista_, more intimately**

The chattering suddenly stops as the crude speakers from the ladies quarter croak, "Request number 88, cubicle 1!" Like clockwork, one lass stands up from among the flock of skimpily clad vixens, composes herself, and steps out of the litter. She enters a dimly lit room where a man wearing only a towel around his waist lies flat on a bed. Then, with her skilled hands, she starts to knead the man's body inch by inch, relaxing his tensed muscles and working her way from the head down to his thighs and then back to his chest. You can almost mistake the service as typical treatment you get in a fancy spa. That's until the guest asks one predictable question: "Miss, *wala bang* extra service?"

Number 88 already knows what he means, so she directs her attention to the intimate body part of the guest. She clutches his erect manhood and strokes away at a pace one employs when beating eggs to make an omelet. She does this without emotion, with neither a hint of distaste nor satisfaction.

Ella Rose is a self-confessed expert at hand jobs. She claims to have done it for what seemed like a million times working as a massage parlor *masahista* for four years. She was just 18 years old when she got her hands full at the "spakol" scene. *Spakol* is a new spin to the tarnished terms "sauna bath" and "massage parlor," a *kanto* word combining "spa" and "*jakol*" (pinoy slang for masturbation).

"*Ang* reputation *kasi ng* MPs *hindi kanais-nais*, as in 'whorehouse' in disguise," explains Ella Rose. "Lately, *marami na ring sumusulpot* that call themselves 'spas.' *Alam naman ninyo ang mga* Pinoy, *kung alin ang kumikita, gaya-gaya puto maya. Darating ang araw wala na ring pagkakaiba ang dalawa.*"

Even then, Ella Rose has been chronicling her life a post at a time in the blogosphere. Using the handle Number 88 at Blogspot, she bared the gritty bits happening inside the joint she used to work in. Her journal was such a hit from the get-go that she decided to migrate to ellarose.wordpress a year after her cyberworld debut.

"I was a really huge fan of some Pinoy bloggers," says Ella

WORDS: CHARMAINE Z. CHANCO
PHOTOGRAPHY: CHARLES GUENCONSEJO
MAKEUP: TELAY ROBLES
STYLING: DEBRA BERNALES
MODELS: MJ AND REGINE
SPECIAL THANKS TO FRANCES ONG OF A&S BOOKS AND ELZEN ABERGAS

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MODELS PICTURED ARE FOR ILLUSTRATION PURPOSES ONLY

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Rose. "That's the reason *gusto kong gumawa ng sarili kong* blog *pero wala naman akong maisulat. Kaya ayun, nagkuwento na lang tuloy ako ng mga karanasan ko.* Sorry to disappoint, *pero walang kinalaman ang inspirasyon dito. Nainggit lang ako sa mga hinahangaan kong* bloggers."

## Virtually yours

Her diary is always to the point and her opinions are sharp. To lighten the mood, Ella Rose often peppers her entries with wisecracks in a manner Rufa Mae Quinto would deliver her punch lines. She doesn't know if this style has made her more endearing to readers or not. She sounds like she never really cares.

"I don't really know how many loyal readers I have now or even disloyal ones," says Ella Rose. "A few hundred loyalists I guess, and a lot more on-and-off readers. I think about 350 hits a day is average."

In 2008, a local publisher became one of her blog's loyalists and cut her a book deal. Compiling the digital entries into print, A&S Books released late last year the aptly titled *Diary ni Ella: Confessions ng Isang Masahista.*

"We found Ella Rose's story refreshing," says her publisher Frances Ong. "In the UK and the US, there are popular blogbooks like Ella's such as *Belle de Jour: Diary of an Unlikely Call Girl* and the other one about the confessions of a New York City call girl. Ella's blog was a nice surprise. She really writes well and her premise was very different. It's really not all about sex. It's steamy, witty, and a very interesting read. That's why we decided to publish her story. It's just a pity it's not selling as we expected. Although we're still hopeful this book is just a sleeper; it'll come around."

Despite the fame she's reaping, Ella Rose still wants a bit of anonymity preserved. She chooses to remain in the shadows, preferring not to give her publisher and *FHM* some face time. "We communicate with Ella and make deals with her only via Internet," Ong reveals. "We haven't really seen her in person up until now."

*'Sex is rated by the masseuse depending on what she can get away with'*

## Born again

The tell-all tale opens with Ella Rose's first blog on October 15, 2005. A high school graduate, she was in dire need of a job then. But it was hard to come by, especially with her educational attainment. She estimates she must have been rejected by employers a thousand times. She figured the only thing left for a naïve, high school grad to do was answer a "Wanted: Masahista" ad.

Her story's a familiar yarn: Her father was terribly ill. And her family was very poor. According to UST Sociology Professor Frederick Ray, this story rings true in any part of the globe. "Mostly, it boils down to money, why women go into this trade," he explains. "*Naiisantabi ang* morality or values *minsan kapag desperado ang tao.*"

Ella Rose was in for a shocker the day she showed up for her job interview. The manager, she says, looked like the late film baddie Max Alvarado and acted like he couldn't be bothered. "Go ahead, *maghubad ka na–pati yang pantalon mo,*" he instantly instructed. It threw Ella Rose off. Sensing her hesitation, the boss blared: "*Malaki ang kikitain mo rito! Sayang! Kung ayaw mong ipakita*...you can go now!"

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in fiction, but she grabbed the opportunity nonetheless. "*Kumuha ako ng* entrance exam *sa isang sosyal na* university, *nakapasa, nagbayad ako ng* tuition. And that was all there was to it."

Ella eventually retired from the massage parlor right after graduating with a Bachelor of Arts in Literature degree. She turned her hobby into a profession and is now juggling a couple of writing jobs. "I work as operations manager for a US-based marketing firm," she proudly says. "At the same time, I'm also a contributor for a US-based Philippine newspaper and a writer and associate editor for a local magazine."

She hardly gets to rest because of her workload, but Ella still finds time to blog for her *blogkada* because it relaxes her. At first, she actually wanted to close her blog for good, even writing her farewell entry to bid her loyalists and the last phase of her *masahista* life adieu. Problem was, she just couldn't let go of her blog, which, to her, "is such an important part of my life."

When you log on today to her once steamy weblog, though, you'll find out that "sensation" to Ella now means having the financial stability to give her daddy a massage chair for Christmas, take her loved ones to reinvigorating out-of-town trips, and provide for her family's day-to-day needs. "It's true that the end does not justify the means," Ella tells *FHM*. "But I believe you should go for your dream, whatever it takes and as long as you're not hurting anybody. And while you're at it, aim high and hit high. *Kapag may tiyaga, siguradong may nilaga. Akshuli, mas type ko ang puchero.* Ha ha!"

Finally, Ella Rose's diary is just a diary now. And that's an ending she can happily live with. **FHM**

## *Exotic Touch*

**Techniques that didn't make it on the most requested list**

**RAINDROP MASSAGE**
While lying on the bed, the oils are dropped onto the body from approximately six inches above, using seven blends of therapeutic oils.

**TANTRIC MASSAGE**
It doesn't involve romping, but involves a full on touch of the organ. Though it does tend to cause orgasm, it's more of a bonus rather than the aim.

**HYDRO MASSAGE**
This one is done in a pool with the masseuse. Here, you're attendant will support your floating body, gliding it slowly in different therapeutic directions without your feet touching the ground.

*'I wonder, why would guys go to MPs and spend money for sex when they can do it with their wives?'*

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# CHECKING IN

THE NEVER COY **COLLEEN YU** REPRISES HER TURN ON OUR PAGES, AND SHE DOES IT LYING DOWN

[ PHOTOGRAPHY: JAY TABLANTE
INTERVIEW: KHYNE L. PALUMAR
STYLING: BADJ GALIAS-GENATO
HAIR AND MAKEUP: ARCHIE TOLENTINO
SHOT ON LOCATION AT HOTEL SOGO, QC ]

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Optimism is the new cynicism. Bright and shiny is the new jaded. Angst is officially out of fashion, and 24-year-old Colleen Yu can back us up on all counts. "Romantic and aggressive *akong tao*, positive thinker, and open-minded…I run my own business…I want guys to make the first move…*gusto ko sa* guys *yung* lower half *nila*. Ha ha ha!"

Do we wish she'd been wearing a micro-mini power suit, pom-pom in one hand, whip on the other, and sporting a pageant crown all in one go to complement that wonderfully wholesome woman of a statement? Probably not, but bikinis, lingerie and something less aren't such huge letdowns either. Now go find more reasons to like her…

**Was the shoot as enjoyable for you as it was for us?**
Yes, of course! Wow, *eto na yung pinaka-daring na* shoot *sa lahat ng nagawa ko*, ever since. *Kaya talagang nag-enjoy ako habang nag-e-emote*. Ha ha!

**Were you comfortable with what they had you wear?**
Actually, *gusto ko yung ipinasuot sa akin*. Comfortable *naman ako*, fit *naman sa katawan ko. Yung* shoot *ko sa inyo* back in July 2004, *marami din doon na naka-two-piece ako, pero ngayon, kita mo naman, kulang na lang wala na akong saplot*! I think it was really daring this time, and it's about time *din naman* for me.

**Pictures speak a thousand words. What do you think your photos say about you?**
That I'm a sweet person. Ha ha ha! I think *na* romantic and aggressive *akong tao*. That I'm a positive thinker, and, of course, open-minded. *Pero siyempre iba pa rin yung* pictures *ko* for this shoot, *hindi naman dahil nakita ninyo yung* photos *ko rito, ganoon na yung pagkakakilala ng tao sa akin*, part *lang ng* personality *ko yun. Siyempre trabaho lang ito*, my personal life and my work are usually separate. *Yung* sexy poses *ko*, art *ang tawag ko riyan*.

**What's a Chinese cliché you're admittedly guilty of?**
That I have my own business. I own the Binalutan Food House; *sobrang* I put a lot into it–I run it, and I also serve as the image model, *nagmo-model ako ng pagkain ko. Pero hilig ko na talaga at gusto kong mag-run ng* food business ever since. Now I do.

**In keeping with the location of your shoot, we have to ask: have you ever checked in with a guy in a hotel before?**
Actually, *may* similar photo shoot *na ako rati* in a motel before, but checked in with a guy? *Hindi pa nga eh. Sino kayang masuwerteng* guy *ang magyayaya sa akin*? Ha ha!

**Does he have to make the first move? Or do you?**
Of course, the guy has to be the one to make the first move, then *pag nakita kong* sincere *talaga siya sa akin*, then *ipapakita ko rin sa kanya* that I'm worth the trouble.

**Do you believe in staying passionately in love but never needing to have sex?**
*Oo naman, nasubukan ko na yun* before, *kaya lang nag-abroad siya. Pero* as far as sex goes, I don't believe in one-night stands and I'm not one for sex flings. *Sasama lang talaga ako sa kanya* if I'm sure *na mahal ko talaga siya and mahal niya ako*. Corny, yes, but that's how it works for me. *Malaking* turn-on *sa akin kapag alam kong lahat ay gagawin niya, kahit mahirap, para mapaligaya ako–wala na yatang ganoong lalaki ngayon. Ha ha! Siyempre ayaw ko sa* selfish *at di kayang tumupad sa usapan, yung walang* word of honor.

**So you hate liars. Even when they flatter?**
I'd want people to tell me if I don't look good, or *may* shortcomings *ako sa ibang* areas so I can improve on it or work to make it better. *Siyempre sino ba naman ang magkakagusto sa sinungaling? Sabi nila* the truth hurts, but there's always a way of breaking it gently. As for flattery, *siyempre* when they tell me that I'm sexy and beautiful, I know they're telling the truth. Ha ha ha!

**Guys must fantasize about you a lot, but what do you fantasize about them?**
*Yung* lower half *nila*. Ha ha ha! No, seriously, *para sa akin*, eyes. *Kilig na kilig ako kapag maganda yung eyes nila, tipong nakatingin pa lang sa iyo parang nasa* heaven *ka na, lalo na mga* blue, or brown eyes. *Malaking* deal *din sa akin* if guys focus their pretty eyes on my equally pretty eyes–*hindi yung nagpo-focus* down south. *Alam mo na kung anong ibig ko sabihin doon*. Ha ha! **FHM**



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"*MALAKING* DEAL *SA AKIN* IF GUYS FOCUS THEIR PRETTY EYES ON MY EQUALLY PRETTY EYES"

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CASE STUDY NO 2

## INCIDENT REPORT

# GREAT ESCAPE

**SUBJECT INFORMATION**

**Names:** Good, Steven; Merckle, Adolf; Villehuchet, Thierry; Magsinang, Emmanuel
**Ages:** 30-52
**Occupations:** Varied

In December 2008, Emmanuel Magsinang mysteriously leapt from the 12th floor of Atlanta Building in Sampaloc, Manila—the very same building he manned as a security guard.

Early this year in Cebu City, Felix Ortiz hung himself after killing his two children inside an apartelle—investigators pointed fingers at jealousy toward his wife as the cause.

Last March, a 41-year-old woman jumped onto the train tracks of LRT Line 1 in Manila, according to a report on gmanews.tv. She sustained a few bruises but survived. "*May konti po kasing problema sa bahay sa finances... halu-halo,*" Teresita Tagle later revealed in a radio interview.

Steven Good, Adolf Merckle, Thierry de la Villehuchet were all world-renowned billionaires swimming in wads of cash before they killed themselves and swam in their own blood due to depression linked to the global financial crunch.

Elsewhere in Asia, a number of news reports indicate that suicide rates are significantly rising, especially at this time of crisis. In fact, the region is said to have the world's highest suicide rates, South Koreans and Japanese being the most suicidal among the bunch. But with 121,000 Filipinos whipped by the current crisis from October 2008 to March this year—getting pay cuts, if not losing their jobs altogether—we may as well join the ranks of the rope-hanging, gun-toting statistic.

'I told you, cigarette smoking is dangerous!'

## POSSIBLE DIAGNOSIS

# MANIC DEPRESSION

**SYMPTOMS**

- Pessimism
- Thoughts of death/suicide

"While some express their impulsive behavior to other people, others [inflict it on] themselves," says Cruz. "These people lack control of the situation and find no hope. They are pushed to a corner and there is no alternative for them but to either fight or flight."

The fight-or-flight response refers to the first stage of human, as well as other organisms', reaction to stress. "You make a decision whether to face it head-on or run away from the situation," says Cruz. Both "fight" and "flight" responses cause a heightened autonomic response—increased blood pressure and heart rate, pupil dilation—but a "flight" reaction makes one lean toward depression.

Online life coach Graham Stoney (grahamstoney.com) says people who attempt suicide are often acutely distressed, while some are only depressed to some extent. "This may either be a reactive depression, which is an entirely normal reaction to difficult circumstances, or may be an endogenous depression, which is the result of a diagnosable mental illness with other underlying causes," he says.

The *American Journal of Psychiatry* meanwhile name-dropped a suicide attempt history, pessimism, and even cigarette smoking as the strongest predictors for future suicidal behavior. Cruz advises: "If your stress already affects your social functioning, or if you find yourself getting irritable most of the time and people are reacting to your mood swings, or if you lose appetite and sleep over your stress and resort to abuse of substances, then you should consult a mental health professional."

'But your body fat index is still high'



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CASE STUDY NO 3

## INCIDENT REPORT

# KILLING US SOFTLY

**SUBJECT INFORMATION**

**Names:** Flores, Dingdong
**Age:** Unidentified
**Occupations:** Call center agent

Dingdong Flores had passed all medical examinations to qualify for a job as a call center agent at a Business Process Outsourcing company. Three months into his stint, in March 2007, he suffered from hypertension while at work. He fell on the floor, went into a coma, and was promptly rushed to the hospital.

"*Dinala yung asawa ko roon dahil maraming dugo sa ulo niya,*" his wife Rissa told ABS-CBN news. "*Ininterview ako roon kung may diabetes ang asawa ko, sabi ko wala siyang sakit.*" The doctors later backed up her claim, saying the irregular work schedules—shifting from night to day and vice versa—took its toll on Flores' health, and that the hemorrhage he suffered was secondary to his hypertension, all but caused by stress.

'It's final: You really can't cook!'

## POSSIBLE DIAGNOSIS

# HYPERTENSION

**SYMPTOMS**

- High blood pressure
- Abnormal heart rate

An international research states that uneven brain activity and a "faulty wiring" between the mind and the heart could cause an abnormal heart rate, entirely proving the possibilty of death by stress. "*May* mind and body connection," says Cruz. "And there are stress-induced medical conditions—high blood, ulcers, gastritis, migraine, tension headache." Cruz adds that danger levels shoot up if illnesses, even a simple headache, get untreated. "Those who are always on the go are most prone to these kinds of medical illnesses," he warns.

Soprano: dedicated

## JOBS: VACANT!

The least stressful professions, according to the *Jobs Rated Almanac*

1 **Medical records technician**
Apply now: www.jobstreet.com.ph; GBMLT Manpower Services Inc.; Philippines, Inc; tel. 634-0981, 634-3044

5 **Florist/flower arranger**

## MANAGE YOUR STRESS!

Maintaining a work-life balance is one way to keep sanity intact. Let these people tell you how

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# MARKED HONEY

HALF-JAPANESE MODEL **KYOKO AMANO** GIVES US A PEEK AT HER TATS...AND MORE

PHOTOGRAPHY: RICHIE CASTRO
INTERVIEW: ALEX PAITA
STYLING: JOEL PONIENTE; MAKEUP: KATE AGUILAR; SPECIAL THANKS TO P&P TATTOO STUDIO, POLARIS ST., BEL-AIR. CALL 890-8037

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Kyoko Amano has two big tattoos. She got them being the image model for P&P Tattoo Studio, a much hyped inking spot owned by Ron Poe—no less than FPJ's son—and friend Joel Poniente.

Both Kyoko's tattoos are intricate, but not intricate enough to tell you that she's a Manila-born half-Japanese who moved to Yokohama, Japan, when she was three and flew back here six years ago, right smack on her 18th birthday. One thing's for certain, though: She looks good flaunting her tats.

Soon, we'll have more of Kyoko—more photos and a lengthier interview, which should rightfully include her thoughts on Maria Ozawa and the like. For now, feast your eyes on whatever lines and curves you may see here…

**What are your tattoos about?**
*Yung nasa* right arm *ko* means love, written in Japanese and Chinese characters. *Yung sa likod naman*, skulls with roses.

**Love, skulls, roses. Should that serve as a warning to dudes about the way you handle relationships?**
Ha ha ha! Maybe yes—I'm a bit of everything when it comes to love. But to tell you the truth, *yun kasi yung nakita naming pinaka-cool na* design. Ha ha!

**So you're P&P Tattoo's image model. How did you get the gig?**
I went to their shop *para ipabago yung tattoo ko* from before. Then they asked me if I wanted to be their image model, in exchange for free tattoos.

**Are you getting a new tat soon?**
As of now, I'm content with what I have.

**Would you tattoo a guy's name on your body?**
Nope! *Kung* boyfriend *din lang*, I don't think so, *kasi pag naghiwalay na kayo, mahirap nang ipatanggal yun*. Actually I had my name tattooed on me before, *kaso nakikita yung name ko, so kahit hindi ko kakilala tinatawag ako.*

**Lastly, is there a tat on your nether regions you're shy to tell us about?**
I don't have any—as you can see. Ha ha! **FHM**

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"I HAD MY NAME TATTOOED ON ME BEFORE, KASO NAKIKITA YUNG NAME KO, SO KAHIT HINDI KO KAKILALA TINATAWAG AKO"

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WORDS: B.A. BORLEO, RUEL S. LUCAS; PHOTOGRAPHY: CARLO BANDOQUILLO, VINCENT COSCOLUELLA; ILLUSTRATION: TRACY BEVERLY SANTUYO

# HOLE in ONE

It took just half a day for *FHM*'s dynamic thrill seekers BA and Superbonngg! to realize that *Happy Gilmore* was not a true-to-life flick! At least they got the 'happy' part right!

**1** Playing golf, we learn on Day 4 of our great four-day golf crash course, begins with waking up early. Summit Media Advertising's Joey Anciano swears allegiance to this ritual. "*Mas masarap pag umaga*: You start early, eat lunch, then *laro na ulit*," he tells us.

**2** But we despise waking up early. And, besides, *Top Gear* contributing editor Botchi Santos, who made the arrangements for us to play at the exquisite Forrest Hills in Antipolo, prefers a 1PM tee-off time. Lucky us!

GOLF SHOES, SHIRTS, CAPS AND GLOVES COURTESY OF NIKE GOLF; SPECIAL THANKS TO: BOTCHI SANTOS, ATTY. FERDINAND T. SANTOS, ATTY. ROMEO G. CARLOS AND ANDY MAGLIPON OF FORREST HILLS GOLF AND COUNTRY CLUB (BRGY. INARAWAN, COGEO, ANTIPOLO CITY), MS. KAREN, RAOUL LACHICA AND VIC GRANADA OF CITYGOLF DEVELOPMENT CORPORATION, ROWAN FOGGITT OF URBAN GOLF, YAYI ESCUADRO OF PACSPORTS

## Day 1: THE INTRO

Our education about "The Gentleman's Game" actually starts at the CityGolf Driving Range along Julia Vargas, Pasig City, courtesy of **pro golfer/instructor, coach Vic Granada**.

**COACH VIC:** Good evening! *Kayo ba ang mga estudyante ko?*
**SBI:** Yes, coach! We are the next Tiger Woods!
**BA:** Coach, *gara ng* checkered pants *natin* ah! Ha ha!
**CV:** *Maraming pa ako nito, iba-iba ang kulay!*

**CV:** I will help you with the fundamentals of a swing. Then you can come here and start practicing on your own.
**SBI:** *Libre pa rin ho iyon?*
**CV (surprised):** *May bayad na siyempre. Ano ka, swesowerte?* Ha ha!

Coach Vic focuses more on preparing a student mentally before stepping on the green.
**CV:** Because once you are on the course you'll be on your own. If you know the rules, etiquette, gear, swing, you can concentrate more on your game.

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**3** Still we arrive at the clubhouse a little bit late. We proceed to the locker room to change. Superbonngg! takes out his Nike shirt. "From the official Tiger Woods line," he brags. Joey notices our Nike golf

**4** Posh golf courses like Forrest Hills have strict dress codes. Slippers, sleeveless or collarless shirts, denim pants, and heavily spiked/studded shoes are no-nos. "*Buti na lang puwede ang pangit,*" we tell Joey before stealing a quick glance at Bonngg!. Amazingly, Bonngg! understands. "*Baboy!*" he fires back.

**7** We let our flightmates move on to the next hole. After numerous swings, we finally land on the fairway. It's time to change clubs. A golf bag can only have 14 clubs: a putter and a driver and different kinds of wedges (pitching and sand), irons (usually the 3 to 9 irons) and woods (5-wood and 3-wood).

*"Mas japorms tayo!"* says Bonngg! Yes, he's shallow.

**19:22** It's now time to learn the golf swing. We start by standing behind the ball.
**CV (instructing SBI):** Imagine a straight line. That's your target. Bonngg! follows and acts like he's going to hit the ...way to Malabon.
...o namang turingin! Malapit lang!

**19:36** Bonngg! complies as coach Vic continues. For the perfect swing we are to practice a series of moves called "Formula 9" (see panel for instructions). Coach Vic shows us how this winning formula is executed. Bonngg! tries it first. He takes a good look at the ball, swings, and misses terribly.

**19:48** **CV:** That's just normal. *Ikaw naman, BA.* Just do the same thing...
We take our turn and we hit the ball on our first try. It lands a mere 10 yards away.
**SBI:** *Yun na yun!?!* Ha, ha! *Ang taki-taki mo hanggang doon lang?! Ako na nga ulit. Tabi nyan!*

**19:59** **SBI:** Coach, *tingin ko kailangan niyo ko i-guide. Hawakan nga niyo hips ko.*
**CV:** Ah...hindi. *Sige, kaya mo yan.*
**BA:** *Do nga, parang ganito...*
We are told to just practice our swing step-by-step until we can execute it in one full stroke.

CITYGOLF IS LOCATED AT JULIA VARGAS AVE, BARRIO UGONG, PA
SERVICES CALL 0631-0000 / 686-3122 / 0917-614 0242; UHBAN GC

## Golf Carts

The best thing about recreational golf is that you travel aboard a golf cart. Driving it is as easy as playing arcade driving games: You tap the gas pedal to move forward, tug at a lever on the brake pedal to park, and flick a switch to reverse.

**9** This brings us to golf etiquette. Courtesy is the main policy in golf. Shouting is illegal, especially when someone is about to take a swing—you shouldn't even create any kind of noise. Taunting opponents is also illegal. If it takes you an eternity to reach the hole, you must let subsequent flights finish first. Within a flight the practice is to let whoever is farthest from the hole to swing first.

**8** Wedges are also irons but with a higher loft than a 9-iron. The sand wedge, which has a 56-degree loft, has a specially designed base, enabling the clubhead to glide over sand instead of digging in. We find ourselves in the same predicament so we ask our caddy to hand over the sand wedge. "*Basta tamaan ninyo lang*, sir. *Yung* club *na bahala*," suggests our caddy. "*Sus. Wala yan*! Boo!" shouts Bonngg! from behind us.

**10** We are now in the putting area. "*Pakanan at medyo mabilis*," our caddy tells Bonngg! Unlike in a full swing, you only need to swing your shoulders when putting. Bonngg!'s first try lands two feet short. "*Lokong bola ito*. I hate you!" he mutters. After sinking the next shot, he jumps in apparent joy.

## Day 2: THE DIGITAL TRAINING

After learning the basics of a golf swing, we visit Urban Golf in Jupiter, Makati. It's the first in the country to offer the experience of playing in a simulated golf course. The owner, Mr. Rowan Foggitt, a British businessman living in the country, gives us a tour.

We are given prime accommodation; Mr. Rowan reserved for us the second floor of their store. The simulator here has a 180-degree look at the course, courtesy of three projectors and three screens.

**SB! (talking to Mr. Rowan):** Wow, look at the greens. It's so believable. There are even birds. Can I borrow it for home use?

**Rowan:** The system comes from the US company that makes the official PGA Tour simulators. We have 45 courses and a driving range mode. In front of the screen is a matting with different parts resembling the different surfaces in a golf course: a teeing and putting ground, sand surface, and rough surface.

**R:** There are three cameras fixed above, which can take 3,000 instantaneous photos per second as the ball flies toward the screen. See, the ball has this special markings embedded on it upon manufacturing, which allow the cameras to see how the ball is flying, its speed and how it's spinning. I'll let you try the system in Driving Range mode first.



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**12** We join the flight anew for the par-five, 562-yard hole No. 9—the last hole of the day. "*Kung doon na lang kaya sila mag-tee-off sa* red?" suggests JJ to Joey. Each hole has four tee-off spots: gold, the farthest from the hole, is for pros; blue is for average male golfers; white is for seniors; and red, the nearest one, is for lady golfers. "*Bakit naka-saya ba ako*?!" howls Bonngg! We try to pacify him before he does anything stupid.

**11** We catch up to our flight on the seventh hole. JJ, asks: "Okay *lang kayo*?" We answer with a nod. "*Mahirap ano?* It took me six months to get my swing," continues JJ. "How can we correct ours?" we ask. "Golf is really a mental game. *Dapat wala kang iniisip. Paluin mo lang.*" We tell Bonngg! our newfound philosophy. "Practice *tayo. May bago akong natutunan. Hindi kailangang mag-isip.*"

**14** We take the next swing. JJ's advice pays off; our ball flies four feet in the air before descending toward the red tee. JJ and Joey both land in the middle of the fairway. "Bend your knees, *parang nakaupo sa* high-chair. Eyes on the ball," instructs JJ as we prepare for our second shot. "*Bilis! Mainit!*" encourages Bonngg! It takes us five more swings before we pass him.

**13** Bonngg! is first up. His ball travels straight before going right fast, landing on a hill beside the greens. Joey says Bonngg! can opt to drop. "You may drop your ball at the part of the green before its point of entry to the hazard zone. Penalty *yun*, one stroke," explains Joey.

**15** "*Hindi ko mabasa ang hangin*," we tell Bonngg!. For this, we use a pro trick: Pick a handful of grass, stand up, and let it fall to determine wind direction. "*Baka mas* effective *pag mas malaking damo*," says Bonngg!. It's not.

**R:** In this mode, after each hit, the computer will give you data like how far the hit is, the elevation, angle and how the ball spins. So you'll know how you are improving. It can give you the same data in Course mode plus your distance to the hole, your score, the wind direction, and the angle of the putting area.

Bonngg! tries first and hits 12 yards on his first swing. He hits 50 on his second and, amazingly, 88 yards for his third try. We try next and get almost the same results.
**BA:** I think we are born for this game. I think we're ready for the Course mode.
Mr. Rowan sets us up in Pebble Beach, California, a familiar venue for the US Open.

We try the par-3, 178-yard, hole 17. Bonngg! hits a +16. We end with a +18.
**BA:** Oh well, I guess we're not that good yet. I think we should cap the session off like they do in golf clubhouses. We need beer!
**SB!:** I second the motion!
**R:** Oh sure, I'll get the beer!

# SWING AWAY!

**The golf swing in nine steps!**

**1 PREPARATION** Approach the ball. For right distance to the ball your thumbs and chin should be pointing to your toeline. Move your feet until it's parallel to your shoulders. Bend your knees a little, but keep your spine straight.

**2 TAKEAWAY** Swing your club away from the ball but keep a straight line. This is the line of target. Keep your weight on your toes, not on your heels.

**3 TOE UP** Lift your club to your 3 o'clock. The clubhead is now on top of the line parallel to the line of target. Do not bend your elbows.

**4 HINGE** Lift the club further to your 10 o'clock position. The shoulders must not be turning. It should only be moving away from the ball.

**5 TURN SHOULDERS** Without moving your hands, turn your shoulder. The arms will now further lift.

**6 TRANSITION** You're now going to hit. Start with the hips. Transfer your weight to your left by straightening your left knee and bending your right knee.

**7 IMPACT** While you are spinning your hip, your right foot is also turning to the left.

**8 FOLLOW THROUGH** Keep turning your right foot to the left, your body should also be turning.

**9 FINISH SWING** Point your arms at your 12 o'clock. Keep turning your right foot until your toes are pointing to the ground.

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**18** It takes us three putts to sink our ball. Bonngg! takes five swings. JJ and Joey both score a par while Bonngg! is at +14, we're at +18. We head back to the clubhouse, a full hour after we started on this terror of a hole. "*Sarap maglaro,*" exclaims Bonngg! "I think I've found my new calling. Next week *ulit. Sana libre na naman!*"

**16** We are now on our 15th swing, Bonngg! on his ninth, when we reach the banks of a small pond that separates the fairway from the putting green. Joey doubts that we will cross the distance, but Bonngg! clears it after two attempts. Our first try lands on the water. "Plus one *yun ha*, that's a penalty," informs JJ.

**17** We are beginning to feel a mild sense of dejection. After three more swings and penalties, we ask if we can cross the pond and just drop our ball at the farthest spot from the hole. Everyone agrees. "*Pagbigyan na natin. Baka abutin pa tayo ng dilim,*" says Bonngg!.

## Scoring

The goal is to play as few strokes or meet the required strokes per round (par). The terms for scores: **Condor** (four strokes under), **Albatross** (three under), **Eagle** (two under), **Birdie** (one under), **Par** (equal), **Bogey** (one stroke over), **Double Bogey** (two over) and so on.

HOLE 9 BLUE - PAR 5 - 562 YDS - HCP 2

| | | |
|---|---|---|
| SuperBonngg! | 19[5] | +14 |
| BA | 23[3] | +18 |

## GRIP IT!

**Everything starts with the grip!**

**1** Hold the grip of the club against your outstretched left hand. The handle should extend from the fatty portion of your hand–just below your pinkie–to the middle part of your index finger.

**2** With your left palm on top and your thumb pointing to the clubhead, curl your fingers around the handle. Apply medium pressure with the last three fingers of your left hand.

**3** There are two ways to position your right hand: the overlap (the pinkie of your right hand overlaps the index finger of your left hand) or the interlock (the right pinkie and the left index finger intertwine, or wrapped around each other).

**4** Your right palm is now set to the side and a little on top of the club and your right index finger wraps around the handle. The V-shapes formed by the thumbs and index fingers of both your hands should point to the right side of your face.

## Day 3: THE FASHION

**19:30** Coach Vic follows the same-belt-and-shoes-color fashion code. We remember asking why other golfers seem so *badoy*: "*Alam ninyo sa golf may kanya-kanyang porma. Basta dapat kaya ninyong dalhin. Kasi hindi lahat ng taong tumitingin sa salamin alam kung anong tinitignan nila.*"

**19:35** But we're not fans of checkered pants so we opt for the next best thing–Nike Golf apparel and shoes, courtesy of Pacsports, Makati!
**SB! (to BA, while rummaging through clothes):** I think *bagay sa iyo* ang pink. *Ang* cute *mo* oh!
**BA:** *Hindi mas bagay sa iyo yan. Para mapaëtan natin pangalan mo:* SB! Gandanghari...

**19:44** Nike Golf shirts are the dry-fit kind. It keeps a golfer comfortable and dry by removing perspiration from the skin to the outside of the garment for rapid evaporation. A saleslady mentions that it's also "breathable."
**SB! (to saleslady):** *Parang* feminine napkin?! "With wings," *mema*?!

**20:03** We decide to get the loudest colors available for shirts and pair them with caps and gloves to protect us from the sun. For shoes, Bonngg! tells the saleslady to bring out "*yung pinakamaha!*" We are given P10,000-worth pairs.
**Saleslady:** *Ingatan ninyo yan!* **FHM**



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PHOTOGRAPHY: DOC MARLON PECJO
INTERVIEW: MARC LAURENZE C. CELIS
STYLING: REY SANTOS; MAKEUP: DIANA DE CASTRO; HAIR: MARITESS SANTOS

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# Spice Girl!

ITALIAN-BICOLANA MODEL **GILMARRIE** IS A MOUTH-WATERING SIZZLER!

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Foreign models have been dripping from our pages th

shooting range *naman*. I haven't

Of course, I'm thankful. I didn't mean for it to sound like it was inconsequential. Because of modeling I was able to buy a car and a condo unit in Makati, which is where I stay whenever I'm in Manila. As far as modeling goes, I'm more into runway. I seldom do print or TV commercials. *Pero* that doesn't mean I won't do them if opportunities come. *Kung meron, mas masaya*. It's just that lately all my bookings are for runway shows.

**How are you different from the other one-name wonders we've met before?**

I do the things I do, with the best that I can, and I enjoy life. *Yung iba kasi ang* motivation is to become popular. I'm here because I enjoy what I'm doing. I love modeling; *para sa akin*, it really is my profession, it's my career, *hindi siya* racket *lang*.

**What projects have you been doing lately?**

I just came back from Hong Kong for the Philippine Fashion Week. Then I'll return to HK. I'll be in the country again *sa* next fashion week *pa*.

**Aren't you getting tired of this jet-setting lifestyle?**

I see all this as a blessing. *Dati kasi* I was just a girl from Bicol who knew nothing about Manila. When I came to Manila, I changed. I was no longer the naïve Bicolana that I once was. I've strived to do things greater, if not better. Modeling gave me the boost I've always wanted. I became stronger and more self-confident because of it. Deep inside, though, I think I'm still the sweet Bicolana I was before. **FHM**

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have seen her face in a shampoo bottle or a coffee commercial years ago.

Be careful when looking too much into her eyes, though. She says she can be as delectable as the last pasta you ate but can also be as spicy as the next Bicol Express that'll set your tongue aflame.

**You look more foreign than other foreigners we've met that we just have to make sure if you're really Pinay.**

*Oo naman*! I'm a quarter Italian. Other than that everything else is Pinoy. I'm very Pinoy. When I was younger, I played *patintero* and *tumbang preso* a lot. The only thing Italian about me is my appetite. *Mas gusto ko yung* pasta and pizza than Pinoy cuisine. But I eat some, although without rice. I'm more into bread than rice.

**You prefer your guy Italian, too?**

Pinoy *siyempre*. I'm not into foreigners. *Mas gusto kong magmahal ang mga* Pinoy, *mas nararamdaman ko*. I don't know why, but Pinoys attract me more than any other foreign guys I meet. *Ang* Italians *kasi medyo* snobbish. I think I'm more *malambing* and when it comes to relationships, I give my full attention *talaga*. A typical trait most Pinays share.

**Great to know the Mafia won't be after our heads after this interview.**

Ha ha ha! No, *wala namang ganun*, no mafia stuff. No whacking *FHM* staff, promise.

**But have you ever held a gun?**

Yes, a bunch of times! Ha ha ha! *Wala lang*, it just feels nice to hold a gun. Whenever you hold one, you feel powerful. I shoot only in the

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# WHY <HASN'T> + DANIEL DINGEL = SAVED THE WORLD {YET}

**Revisiting the water-powered car the uncanny Pinoy inventor claims to have invented, and figuring out why the damned thing is still not in production**

WORDS: KHYNE L. PALUMAR
PHOTOGRAPHY: AT MACULANGAN
SPECIAL THANKS TO: ENGR. ANTONIO DOMINGO, MR. MAR MANALIKLIK, DIR. EPIFANIO EVASCO

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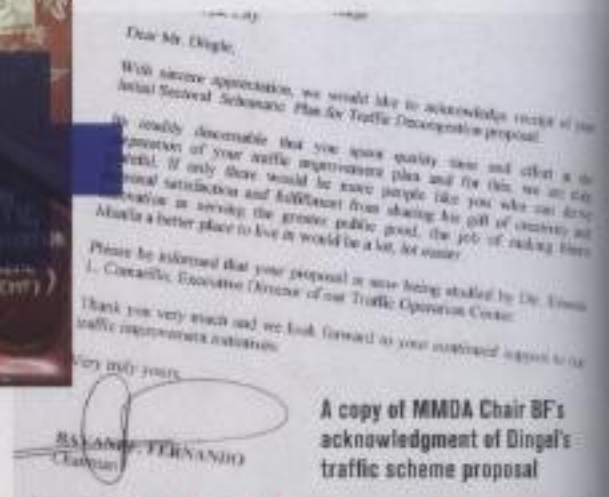
Under the hood: Dingel's electrolyzer



Dear Mr. Dingle,

With sincere appreciation, we would like to acknowledge receipt of your Initial Sectoral Schematic Plan for Traffic Decongestion proposal.

It readily discernable that you spare quality time and effort in the formulation of your traffic improvement plan and fix this, we are very grateful. If only there would be more people like you who can derive personal satisfaction and fulfillment from sharing his gift of creativity and innovation in serving the greater public good, the job of making Metro Manila a better place to live in would be a lot, lot easier.

Please be informed that your proposal is now being studied by Dr. Emma L. Concaillo, Executive Director of our Traffic Operation Center.

Thank you very much and we look forward to your continued support to our traffic improvement initiatives.

Very truly yours,

BAYANI F. FERNANDO
Chairman

A copy of MMDA Chair BF's acknowledgment of Dingel's traffic scheme proposal

What will free us from fossil fuel dependence is gathering dust in the garage of Daniel Dingel: a water-powered 1996 red mica (with some odd panels) Toyota Corolla GLi.

This is the same car that has made the rounds of news coverage where the man demonstrates how, with a liter of water and *only* water, he can drive for up to an hour. There are actually two more vehicles in his garage that have been converted to run on water. While global automakers are still racing to build prototype green vehicles in time to save earth from annihilation, Dingel has been puttering around town on available tap since he claimed to have invented the technology in the late '60s.

We gatecrash his house/laboratory in BF Homes, Parañaque, to check on his progress and see if the world will truly be saved. As far as we were concerned, Dingel had in his garage a contraption that would solve a global economic crisis, and ultimately avert the total standstill of the entire planet after we have run out of oil and the environment goes haywire. If it truly did work, it should already be in the assembly lines. We had to ensure the future for ourselves.

But Dingel, now 82 years old, doesn't seem to be too excited anymore. In the last four decades, he has dealt with skeptics and believers, has found himself exalted and laughed at, been branded a folk genius and a madman, because of an invention so simple and life-altering that it must be impossible. He shows us his car as though it were a relic in a science centrum.

He goes through the motions of pouring water into the Corolla's gas tank and describing the inner workings of the vehicles. He pops the hood open and shows us a small metal box that does the miracle: the electrolyzer. Probably to save himself the effort of having to explain the technology over again, there are cryptic messages scrawled under the hood having to do with magnetism, h-comb separators, water splitting into hydrogen and oxygen, and a strange warning and glimmer of hope: "Just look, don't touch/good old days–>gold new days."

As far as he's concerned, his water-powered car is still not in production because we're just not ready yet. In his work area, there is a sign bearing this message:

*"If the mere discussion of my inventions like water $h_2o$ fuel car is a cause of division among men how much more its implementation will be? Unfortunately for us we are still primitive savage in terms of our harmonious relationship and so I am afraid that mankind is not yet ready for my project and will not be ready for my operations to come. Questions: Do you not recall your reset formula before you die, so that the world benefit?"*

Of course, there's also a bit of a problem at the patent office. Every inventor is required to tell how he did his magic before he can sell it. Dingel simply won't.

## It's a secret

Litera Patente: Open letter. To patent means to disclose.

"The problem with Dingel is disclosure. He says he wants it patented but he doesn't want to disclose the technicalities of his invention," explains Epifanio Evasco, Director of the Bureau of Patents at the Intellectual Property Rights Office. "I don't get it either; he's disclosed the supposed secrets for his other inventions–there was the exhaust manifold to increase engine efficiency, *tapos yung oil na gawa sa okra*–and they've been granted patents."

Evasco fires a series of doubts. "*Pero itong* combustion system powered by hydrogen for his water car *na* as far back as the '60s *pa niya kini-claim* of inventing, was filed for patent 2000 or 2001 *lang*. But it's as if he hadn't filed one at all, *kasi wala rin yung* disclosure. In granting patents, we have to consider its utility to be substantial, specific, and credible. With that invention, there is a credibility gap. *Anong* law of science *ang nag-go-govern*? What gadget? What circuitry? Absolute novelty is also primarily important. There has to be nothing like it in the world. There have been claims of combustion systems powered by hydrogen elsewhere outside the Philippines, but is it exactly like Mr. Dingel's? Does the mechanism that powers it operate the same way? We don't know because he won't let us."

Why apply for patents to begin with? "Patents are established to protect the interests of the inventor, and

MAN AT WORK. Dingel's garage doubles as a laboratory



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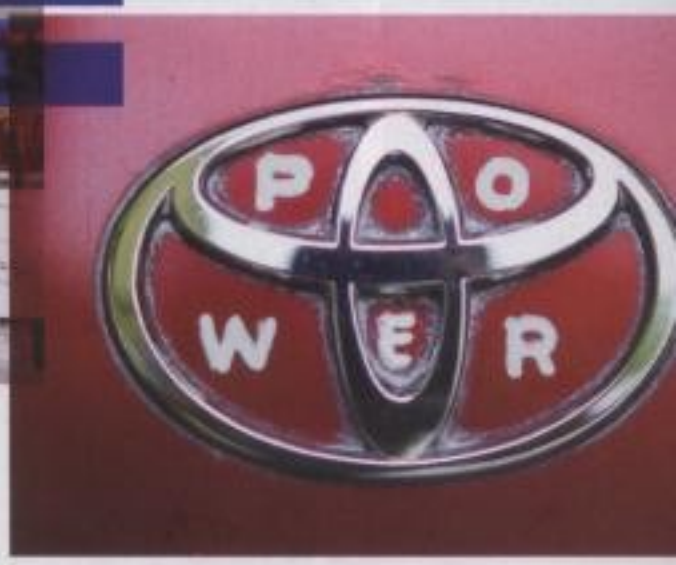

to introduce his technical contribution to the public domain for the advancement of technology. Imagine where we would be if the man who invented fluorescent lights didn't patent it. From the time the patent is filed, the inventor is given 20 years monopoly of the product, after that it enters public domain. That's when progress happens." Evasco says.

## Not really a secret

Although Dingel prefers the esoteric route, his water-powered vehicle is, in fact, based on a couple of key scientific concepts.

First is the composition of water. You have two atoms of hydrogen and one atom of oxygen. The O allows us to breathe. The H is essentially who we are, because it is the most abundant element and makes up 75 percent of the universe. Hydrogen also has the lucky quality of being highly flammable. Hence, it's a good fuel source.

Second, there's electrolysis. This is the process of passing electricity to chemically bonded compounds to separate it. Subjecting water to electrolysis separates the hydrogen and oxygen atoms.

What Dingel's car is doing, roughly, is this: It takes in water. Water then passes through his "electrolyzer" to perform what is basically electrolysis, which is the separation of oxygen and hydrogen. The car then fires up on the hydrogen. In order to effect electrolysis, his electrolyzer gets its current from a normal 12-volt car battery.

So it's not really a secret. But is it possible?

Yes, it is. But skeptics say not in the scale that Dingel does it.

To be sure, there is such a thing as hydrogen fuel. It's what powers the Space Shuttle. But the thing about hydrogen fuel is that it takes more energy to create one than to use one, and therefore more expensive to produce. Although Dingel got it right on the electrolysis part, skeptics say a 12-volt jolt just won't be enough. If it did, then he would have had to expend more energy to produce the fuel that would produce less energy to run the car in the first place. That violates the First Law of Thermodynamics, which says energy can be transformed (changed from one form to another), but it can neither be created nor destroyed.

There is another crucial difference in Dingel's invention with the existing new technology for hydrogen-powered cars, and it has to do with the logical processes that occur in their systems. Current hydrogen internal combustion engine cars like the BMW Hydrogen 7 takes in hydrogen first, and is made to combust with oxygen to produce water as a by-product. Or in the case of fuel cell cars, the hydrogen is reacted with oxygen to produce water and electricity, the latter being used to power the vehicle. Dingel's is the reverse process: Water is not the by-product but the main fuel source.

## What to believe

Dingel's electrolyzer supposedly solves this problem. It is also the part in the patent that is not disclosed. Where and how he produces enough energy to crack water into producing enough hydrogen to power a car engine is the question on Evasco's and everybody else's heads.

People are saying there's still an amount of gasoline or electricity involved to effect electrolysis, so it's not entirely water doing the running. "I believe Department of Science and Technology (DOST) already tested it. *Chineck yung* exhaust, *may* traces *ng* hydrocarbon. So *kung may* hydrocarbon, *may* petroleum *na karga yung kotse*," Evasco says.

In the span of 40 years since its inception, Dingel says he's taken the invention to the DOST, Department of Environment and Natural Resources (DENR), the Department of Energy (DOE), and other concerned branches of government, wrote open letters and met with presidents since Marcos, who all welcomed the idea, but complications always ensued. As well as conspiracy theories.

Marcos was ousted. Aquino, who Dingel had a photo-op with, said yes to the car and even rode in it but found herself, according to Dingel, in a difficult



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# Turbo-charged!

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## COOLING DOWN IS AN ALIEN CONCEPT TO THE EVER-HOT **ANNA SCOTT**!

Anna Scott is shy. The kind of shy that refers to dildos as her "best friends," to her gorgeous breasts as "peaks," and her kind of men, "experienced." Of course, "shyness" doesn't mean you can't be frank and playful, too. Which is what she is when she mouths, "I'm always playful…especially in the bedroom." Do we like tattooed brunette sirens with intimidating foreign but catchy names, talented, playful and fun? Let's hear it in unison: We like Anna Scott, yes we do.

**Did you feel particularly "playful" during the shoot? That plastic robot was lucky.**
Yes, lucky. It was between my peaks! Personally, I wanted something else in between, maybe some toy made of silicone…but we couldn't use that in the shoot. Ha ha ha! No, but I'm always playful. Even if I'm not at a shoot, I'm always playful. Especially in bed, ha ha ha!

**We like a woman who goes straight to the point, but keep indulging us anyway. What kind of toys does a grownup like you enjoy playing with now?**
I'm sure you know what it is. I just like to call it my "best friend." Ha ha ha!

**What about men, do you prefer boy toys or do you like them older?**
I prefer older men. They're more matured and more…experienced. You know what they say, it's like fine wine: The more they age, the better they get. I definitely want them better. It's kind of sexy and mysterious, though, because you never know what you're going to get.

**And you're on fire. With career and everything else going, especially since it's summer, what do you do to cool down?**
I never cool down, I'm always hot. Ha ha ha! But you're right, I'm busy doing shows and preparing for a new GMA action *serye*. I don't want people *kasi* to look at me and just see Anna Scott the sexy actress, I want people to see me as a good actor!

PHOTOGRAPHY: STUART DEE
INTERVIEW: KHYNE L. PALUMAR
STYLING: RCXY B.
MAKEUP: ARRA FERNANDO

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**'I prefer cotton over lace undies because it looks and feels good on my bronze skin'**

**And when you're not committed to pushing passion and playfulness in your career...**
I lie down in bed, get naked, watch porn, and check out new positions–if there are any! Ha ha ha! Just kidding. But it sounded good, huh? No, seriously, I work out, get a tan, and I always find things to do to keep sexy.

**Sexiness wears what exactly?**
I just wear panties and tank tops. I prefer cotton over lace undies because it looks and feels good on my bronze skin.

**Has your idea of sexiness changed over the number of times you've posed for us?**
Yes, it changed a bit, but just a little bit. Maybe because before, wit!

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# Silent Sanctuary

THE VERY SOFT-SPOKEN MODEL **NADINE DIXON** LETS HER BLISTERING PORTFOLIO SPEAK ON HER BEHALF!

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PHOTOGRAPHY BY JAY TABLANTE
ASSISTED BY PAOLO NAVARRA
INTERVIEW BY B.A. BORLEO
STYLING: KC LEYCO; MAKEUP: MISSY MORAN

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When asked to describe herself, Nadine Dixon replied: "My friends tell me I have the body of a porn star but I act like a nun!" Now, add a small, almost *taong lupa*-like voice and a lovable demeanor when intoxicated, which includes some affectionate grabbing and *Dirty Dancing* moves, and you pretty much know this 19-year-old lass. And in case you still can't figure her out, know also that underneath that delicate face and smooth bod is a very shy, unassuming girl. But, of course, there are still a few fascinating things about her that only she can best explain. And we'll let her do just that because, frankly, we're still drooling at the thought of Tera Patrick sashaying about in a habit.

**We were told you have to bolt right after this interview. Is your schedule always this hectic?**
I'm not really in a hurry; I just prefer to move as quickly as possible. I want to end the day finishing all my errands. I always make it a point to do something, any activity it may be, because I don't want to waste my time.

**Are you saving up for anything?**
Well, I'm a little obsessed with mobile phones. Like, whenever there's a new model I want to buy it right away. Maybe someday I can have my own condo unit or a small house. Hopefully!

**Speaking of mobile phones, we did some Web stalking and found out that you're quite fond of taking pictures of yourself. Is this also an obsession?**
Well, I do love to take self-portraits, especially when I'm in a good mood and if I'm all dressed up and I have make-up on–it's the best time to do it. Ha ha!

**How many self-portraits do you have exactly?**
I have a lot actually. I also have some from other photographers who used me for their portfolios. I guess I already have 500 pictures, more or less.

**We also hear you're very much in a relationship. Is it safe to say that we all should back away?**
No, it's all good! For as long as we have respect for each other, I know he will understand, and besides, I'm a good girl!

**You strike us as a very soft-spoken person.**
I'm very soft-spoken when I'm meeting someone for the first time, but when you finally get to know me, you'll notice my jolly side. I get shy when I'm not yet close to someone. And I barely speak because I'm not really that talkative.

**We hope you don't mind but we notice how little your voice is. Do you find it hard to scream?**
Screaming? In what way? Ha ha ha! I can scream when I'm scared, but just a little. Let's just say, I scream when I have to... ha ha!

**Did you get teased about it?**
All the time! I don't say anything. I just smile back.

**Some find a small voice sexy. Do you use it for that purpose?**
Nah. I've had this little voice ever since, and if they find it sexy, why not?!

**Soft-spoken and little voice can translate to a lady who is conservative, are you?**
My friends tell me I have the body of a porn star but I act like a nun! Ha ha! Sounds familiar?

**Yes, we're imagining a closet sex maniac. Kidding! Well, do you have any porn star-like experience?**
There was this one time I got really drunk, I didn't know what I was thinking but I just grabbed my boyfriend and made out with him inside his car. I'm not really that kind of girl but whenever I get drunk I go crazy! **FHM**

**Based on your looks, we're guessing you're half-Filipino, right?**
Yes. I'm 25-percent American, 25-percent Spanish, and 50-percent Filipino. I inherited my Spanish and American blood from my maternal grandparents. But that's about it, I just inherited the physical attributes but I was brought up the Filipino way.

**We hear you're friends with other models who have appeared in *FHM*. What did they tell you about us?**
They told me it was exciting to be in *FHM*, that the magazine suits me because you need sexy girls with good posture. They encouraged me to do it but I was kind of hesitant at first because I'm really shy. But I learned to overcome my fear, so here I am!

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I love to take self-portraits, especially when I'm in a good mood and if I'm all dressed up

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**PALOMA'S MAD LAB!**

A REFRESHER COURSE BEFORE WE GO TO THE NEXT LEVEL!

Miss FHM

What m en tick

# Rediscover her!

## Paloma wants you to go where others have gone before but failed

Some men forget the whole purpose of foreplay after being with their partner for a long time, while us women think about ways to make our sex lives more interesting than they already are. Many say that men sometimes do all the work during sex but let's not forget that doing the same thing—even when you're really good at it—could get dull at a point. That's why some women don't get that excited anymore. Now you wouldn't like that, would you?

So here, let me name some problems and lay down the solutions for you, based on my own experiences as well as my girl friends'. I actually had fun talking to them because some have the same experiences as mine!

**PROBLEM: Lack of foreplay**
**THE SOLUTION:** Try this: Close your eyes and imagine your partner (or someone you really like) breathing through your earlobes, kissing your neck and the back of your ears, and moaning gently as she goes down your nape. Her hand touches your face and she slides her fingers through your hair and ears, then slowly she moves her face closer as if about to kiss you. But instead she kisses your chest and makes her way down to the top of your penis, then back up again to your nipples, slightly licking them as she grabs your dick and goes down to suck it—because she knows by now you're already hard. Now open your eyes, pretend as if the whole thing really did happen and return the favor to her.

**PROBLEM: The clit**
**THE SOLUTION:** If, for example, you're doing the "X" position (where she is lying on her back and you're hitting from your side facing her), try putting both her legs up in the air while at it, then tell her to spread them, but not too wide to make sure she's comfortable, and play with her clit. Faster fingers with light pressure if you want a wetter pussy.

**PROBLEM: Rear entry**
**THE SOLUTION:** Okay, I know some women might not like this, and it may only be because they haven't tried it yet, or their experience was forced. If she's a virgin in this matter, always assure her that it will always seem weird at first because it will feel like she's taking a dump; that's why it's good to always remind her to relax.

Before jamming your whole thing in, try using your thumb first because for sure it's going to be tight. Spit on her ass and, if she's still okay with it, slowly put your whole thumb in. Now that's the hardcore way. I'm pretty sure she will scream, but trust me, as soon as her tight ass loosens up, she'll get addicted to the feeling. If she still isn't comfortable, then stop and just put your dick inside her pussy. If she wants to do it on her own, so next time she'll feel less uncomfortable when you both do it, suggest douching her ass the way she does to her pussy whenever she cleans it. Better yet, surprise her by getting her thunderbeads.

**PROBLEM: Her back, legs, lower abs, groin**
**THE SOLUTION:** Kissing is always essential. This can be done before or even during sex, depending on the position. It is advisable to do it slowly and gently to feel the sensation and orgasm more. It's always easy to get rough and wild if the woman is getting down like that.

Play with her nipples. Try to lick them, blow air on them then suck them, and tell her to do the same thing for you. You will love it, too.

Till next month!

*For questions, comments or suggestions, email palomasmadlab@gmail.com*

*Paloma would like to thank Premiere Condoms, Belo Medical Group and Gold's Gym*

PHOTOGRAPHY: ERWIN "WENG" BARLETA OF EDGE OF LIGHT; STYLING: BADI GALANG-GENATO; MAKEUP: MYCA FENG



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Jennyson Rosero of Imaginary Friends Studios [ 2ngaw.deviantart.com ] Illustration

# Instant Sexpert!

## Free-flowing knowledge that comes with nice buxom-babe sketches

### Open source

**Do I still need to use protection if my partner and I both have STDs?**
**FREDERICK, BY EMAIL**

STDs appear in varying forms and can get worse in time. So you and your partner, being both infected with a disease, doesn't give you the license to engage in unprotected sex, thinking you might have nothing to lose. "A second strain of the virus might be on the way if you keep having unprotected intercourse," says Dr. P. Lopez. "This can lead to a worse infection that may even be harder to cure."

### Stroke play

**Are people with a heart disease allowed to have sex?**
**NIKO, BY EMAIL**

Unless you feel pain in your chest whenever you roll in the hay—in which case you need to see a doctor—"sex is totally fine for people with a heart ailment," says Lopez. "Complications aside, even those who have recently had a heart attack can get back in action within three weeks."

### Together forever

**Is there a surefire way to keep my guy's schlong inside my love tunnel while we're changing positions?**
**SWIRLY, BY EMAIL**

Unfortunately, shifting from, say, missionary to cowgirl position would require you two to disengage for a short while, unless there's superglue or painkiller involved. But you could make use of a little trick, courtesy of fitness instructor Mina Reyes: "Facing him on the bed, wrap your left arm under his shoulder while you envelop his waist with your leg," she suggests. "Push your body up with your right arm, then swiftly maneuver yourself over him."

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GIRLFRIEND OF THE MONTH
MAY

# Chris Sese

## This model-restaurateur knows the quickest way to your heart!

"Gonna find my baby, gonna hold her tight, gonna grab some afternoon delight…" That's Starland Vocal Band's "Afternoon Delight"–a song our May Girlfriend knows by heart. And why not? It's the same song she was playing while conceptualizing the restaurant and catering service she put up from hard-earned cash...

### Business model

I started modeling at the age of 19–*pinagsabay ko ang* modeling and school. I was able to book well-paid ads and ramp shows but I had to leave *din agad* for Macau and work as a welcome ambassadress. I went home two months after and went back to modeling, until I decided to stop and realized I had enough money to start up my own business.

### Pampanga's best

I came from a family of very good cooks. In fact, I'm the only one who can't cook, ha ha! *At ako pa ang nagtayo ng* business. My restaurant specializes in Kapampangan cuisine, but the money pours in the catering service.

### Cool change

Whenever I feel stressed, I go to the mall and watch movies with my brothers. Whenever I'm alone I just ice skate–it's my therapy. I started skating when I was a kid and although *hindi ako* professional ice skater, it's what I do to take my mind off all the problems.

**THE FACTS**
**Name:** Chris Sese
**Age:** 24
**Profession:** Owner and proprietor, Chris Marie Food Delights
**Origin:** Angeles City, Pampanga
**See her in:** The Fort Area

INTERVIEW: MARC LAURENZE CRUZ; STYLING: BEA CONSTANTINO; MAKEUP: ARCHIE TOLENTINO; HAIR: JEN CUNAWAN

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Sonny Ramirez Illustration

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# Ladies' confessions

## Girls just wanna have fun...and tell the world about it

### Hot mama tells young man to come

I'm 30 years old. All my guy friends call me a hot mama. One day, I was online when a 21-year-old guy buzzed me. We had a hot conversation, which led me to ask him to drop by my house in Manila. He was hesitant, though, so I didn't push him. We just exchanged numbers and texted each other. For four months we had a nice talk, leading us to do sex on text every now and then. He got addicted with me–and so was I with him–that every time we texted we did foreplay and role-playing. It was so exciting! He even told me to talk dirty every time we masturbated together. When I invited him again to come to my place, he finally agreed. He traveled 12 hours to reach me. We did dirty things under the sheets. That was my one amazing sex experience with a young hunk.

**Supergirl, by mail**

### Best friends forever?

My husband's best friend, Paul, who was from the province, was looking for a place to stay while applying for a job in the city. My hubby offered him to stay in our place and Paul accepted it. Unexpectedly, the following week, my husband's working schedule was moved from dayshift to nightshift. Because of this new arrangement, each time I came home from work, he would be gone. So there I was, left home alone each night with Paul. At first I felt very uncomfortable being alone with my husband's buddy. But as days passed, I realized that Paul was such a nice guy. I secretly started to feel physically attracted to him. One night, I went to bed early. I was already half asleep when suddenly I felt somebody touching me. I turned around and to my surprise, saw Paul beside me in bed, naked. He moved closer, and kissed me while his hand found its way inside my panties. It felt so good that I found it hard to resist him. Seeing my response, he slowly took off my clothes until I was naked. I reached down for his cock and stroked it. It was bigger than my husband's! He fucked me that night in various positions. And that was just the start. Every night the two of us would have sex. Soon, Paul found a job–and a boarding house near his working place. But this didn't stop us. Every now and then he would text me to come over to his place. My poor husband didn't have a single clue of my affair with his best bud...who turned me into his slutty sex mate.

**Jannah, by email**

CONFESSION OF THE MONTH

### Four on the floor!

On our second wedding anniversary, my husband and I were enjoying ourselves on the beach when a couple approached us. They introduced themselves as Jenahlyn and Dan. They invited us to play volleyball, after which they invited us to their private cottage for a few drinks. There we settled ourselves and Dan opened a few bottles of beer. Soon the four of us were pretty much drunk. Dan suggested that we try a little game. He suggested that Jenahlyn sit beside Vincent and me, beside him. My husband and I were surprised, but Jenahlyn stood up and sat beside my husband. So as not to embarrass the couple, I stood up and sat beside Dan. He put his arm around me. I was surprised when I saw Jenahlyn kissing my husband. She pulled his cock out. My husband, drunk, did not resist as Jenahlyn lowered herself to give him a blowjob. At that moment I was starting to feel jealous when Dan held me closer. He started kissing me and began to fondle my breasts. I felt horny, reached for his zippers and pulled out his cock. I lowered myself and sucked it. Minutes later, the four of us were naked. I ended being fucked by Dan while my husband fucked Jenahlyn. Dan shot his sperm inside me as I reached orgasm. I heard Jen scream as Vincent shot his load at her pussy. After the four of us reached orgasm, Jen took my hands, laid me to bed, and began to lick his husband's sperm into my pussy. She cleaned my pussy while our husbands jacked off while watching us. After that, we bid the couple a good night, thanking them for our first foursome.

**Analyn, by email**

### Best friends forever!

My cousin/best friend Amie was celebrating her 18th birthday, and at the same time, graduating from high school. I told her she could have whatever she wanted for as long as it was reasonable. She quickly answered that she wanted to see my boyfriend's wrist-thick, seven-inch dick that I always bragged about. I didn't know how to respond and said it's really up to my boyfriend. "*Pag pumayag eh di suwerte,*" I told her. I texted my boyfriend to come over to her place and explained the mechanics of "Amie's gift." "Okay. *Pero dapat hubad din kayo,*" he said. In a matter of minutes he was there. Amie approached him and slowly took off his boxers–as if, indeed, opening a gift. She then stroked his penis and played with his balls while my boyfriend finger-fucked me and licked my nipples. I was feeling so hot that when I looked down to tell Amie to get out so my boyfriend and I could do it, I was surprised to see her licking his long shaft. I knelt and joined her. He alternately fucked us in every position possible. When he was about to come, my boyfriend pulled out, stuck his dick in Amie's mouth, and pumped till he came. She tried to swallow his man juice but it was too much. I, being a good girlfriend and friend, licked his cum off Amie's face and off her "gift."

**Jhoey, by email**

**LETTER WINS PRIZE!**

Send your entries to: *FHM Ladies' Confessions*, 6F & 7F Robinsons Cybergate Center Tower3, Robinsons Complex, Pioneer St., Mandaluyong City 1550. Or fax our fax (6372206) or email (fhm@summitmedia.com.ph). The Confession of the Month gets a **Premiere Condoms** giftpack.

PLEASE CALL 451-8888 LOCAL 1074 AND LOOK FOR CHET TEJADA BEFORE CLAIMING YOUR PRIZE. DEADLINE OF CLAIMING PRIZES IS ON MAY 25. UNCLAIMED PRIZES WILL BE FORFEITED.



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05/09
▶ PACMAN
TRAINING
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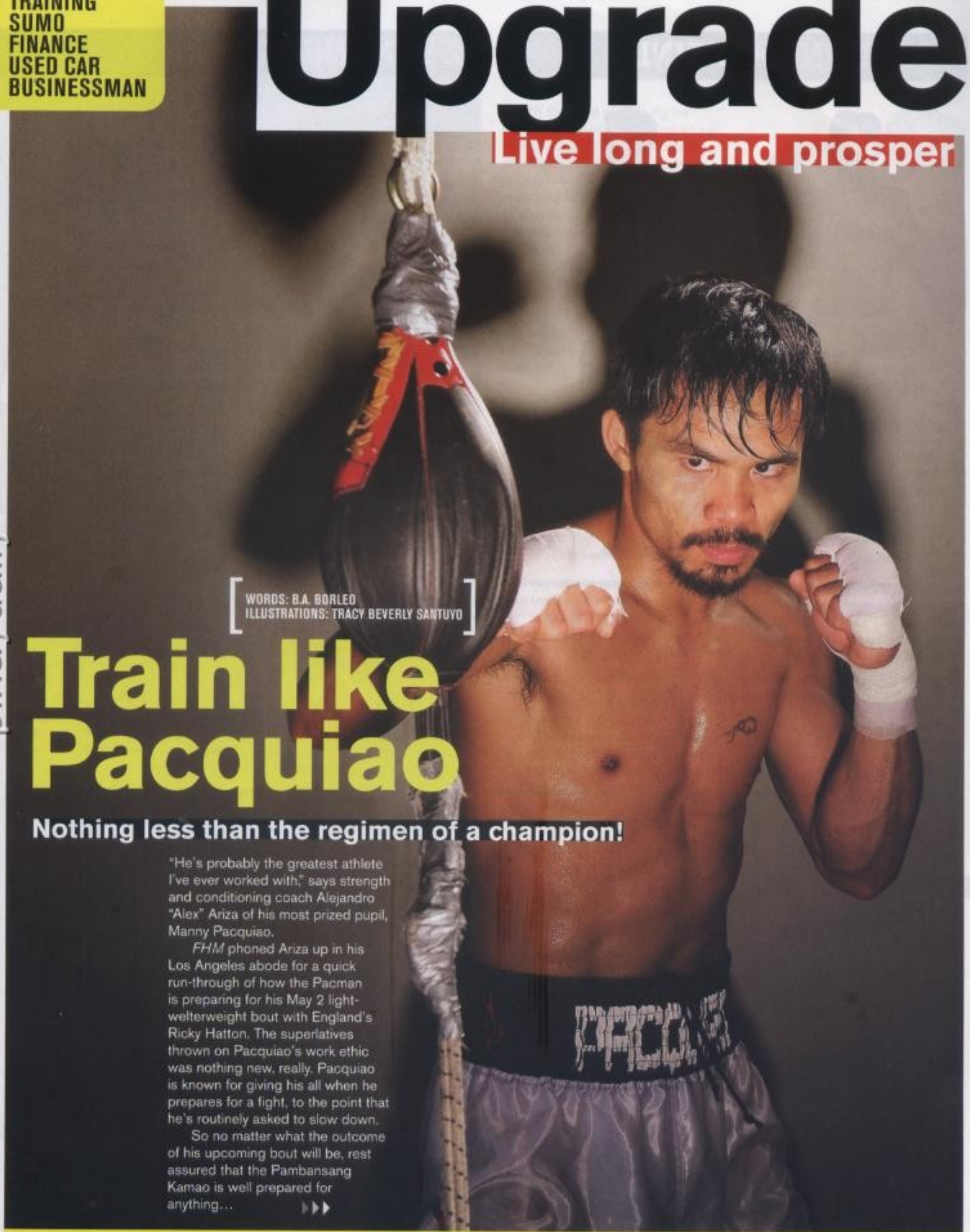
# Upgrade

## Live long and prosper



WORDS: B.A. BORLEO
ILLUSTRATIONS: TRACY BEVERLY SANTUYO

# Train like Pacquiao

## Nothing less than the regimen of a champion!

"He's probably the greatest athlete I've ever worked with," says strength and conditioning coach Alejandro "Alex" Ariza of his most prized pupil, Manny Pacquiao.

*FHM* phoned Ariza up in his Los Angeles abode for a quick run-through of how the Pacman is preparing for his May 2 light-welterweight bout with England's Ricky Hatton. The superlatives thrown on Pacquiao's work ethic was nothing new, really. Pacquiao is known for giving his all when he prepares for a fight, to the point that he's routinely asked to slow down.

So no matter what the outcome of his upcoming bout will be, rest assured that the Pambansang Kamao is well prepared for anything... ▶▶▶

ROBERT BECK/ GETTY; SPECIAL THANKS TO ALEX ARIZA, NICK GIONGCO, BUBOY FERNANDEZ

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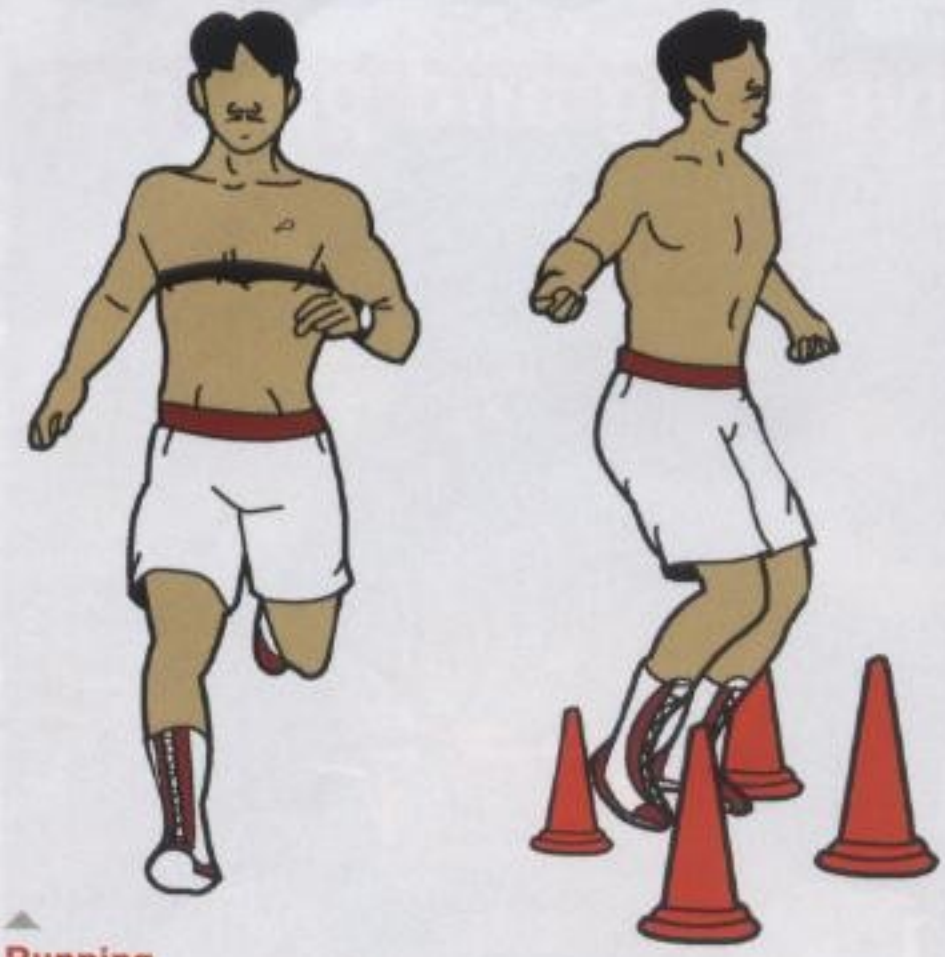
## 1 MORNING ROUTINE



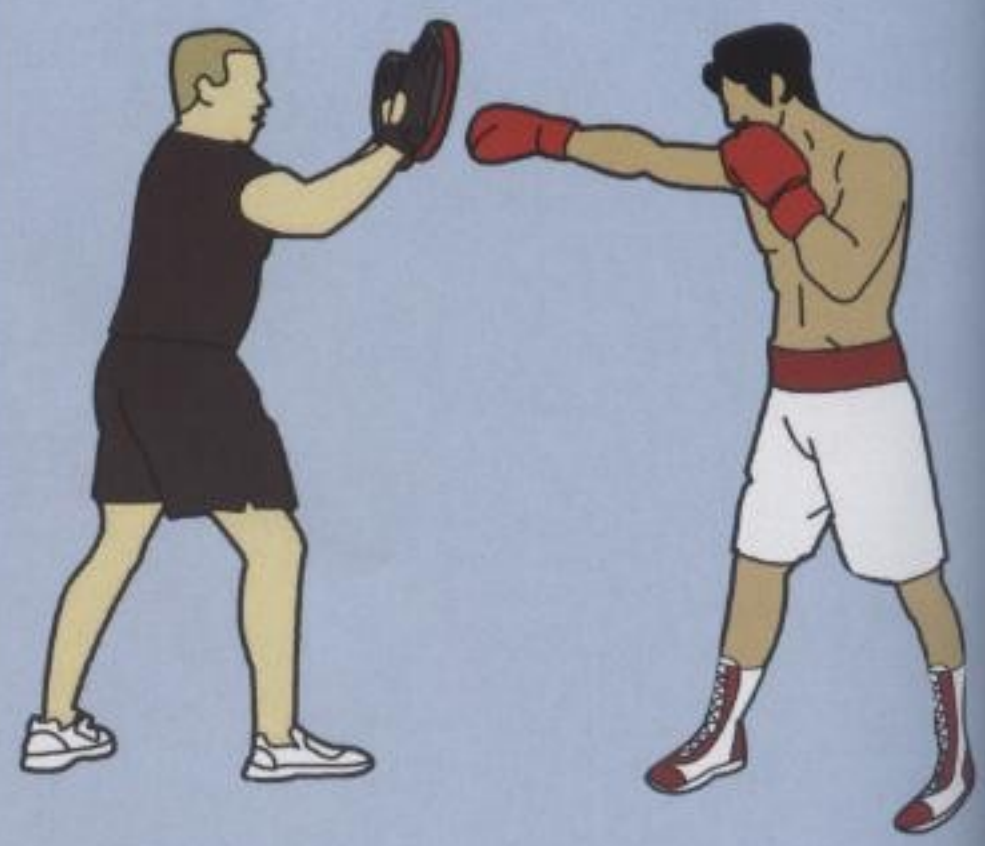
### Running

The Pacman's day starts at 6AM. He proceeds to either La Brea Park or Pan Pacific Park in Los Angeles to jog–the most essential and tried-and-tested exercise for every boxer. "If we're just starting training, say, for the first three weeks, we just let him jog for about three and a half to four miles," says Ariza. La Brea Park is located atop a hill and has steep and winding roads, perfect for boosting Pacquiao's cardio. They top this all with about a thousand to 2,000 sit-ups and some shadow boxing.

### Cones

To also improve on agility, Pacquiao is made to sidestep, jump over, and move laterally between a series of cones.

## 2 GYM WORK



### Hitting the mits

"We don't really have a problem conditioning his body," says Pacquiao's longtime Filipino trainer Buboy Fernandez. "*Mas* comfortable *kami pag nagpa-punching* bag *siya at* punch mitts." If he doesn't have sparring yet, Pacquiao does four rounds each hitting the mitts, shadow boxing, and hitting the punching bag. As training progresses it can increase up to around 16 rounds per exercise, depending on how much more Pacquiao wants and if his trainers oblige. "[We work on] *lahat ng suntok*, combinations, *pag-ilag* and footwork," says Buboy. Adds Alex: "With hitting the mitts you can work on your speed and power, and learn the fight strategy."

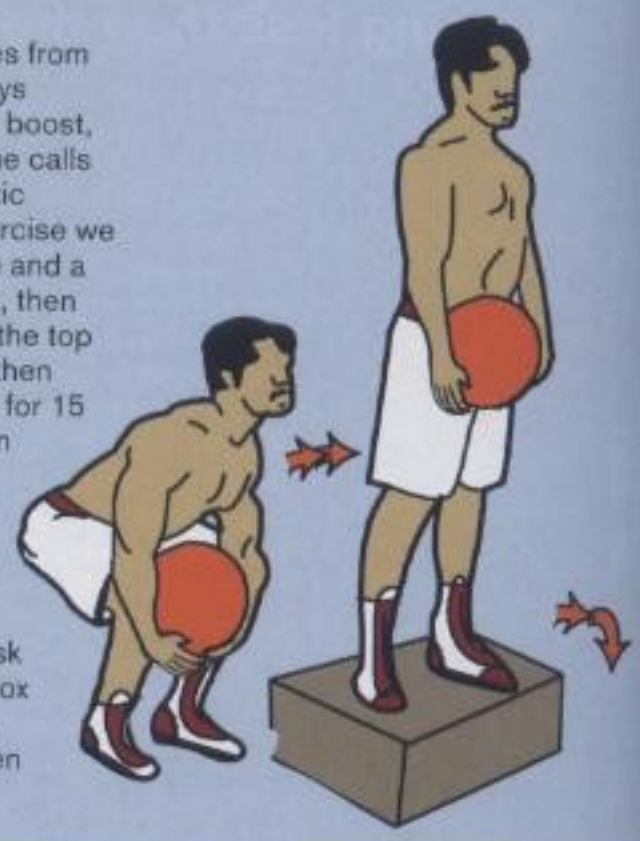
Locker room buddies: jolly

### Sprints

"Then, as we go along, we add sprints to his morning routine. We'll ask him to run 30-, 50-, 75- and 100-yard sprints for three minutes continuously," says Ariza.

### Power jumps

"Manny's power comes from his explosiveness," says Ariza. To maintain this boost, Ariza designed what he calls "plyometric and ballistic training." "For one exercise we put a box almost three and a half feet tall in the ring, then we let Manny jump to the top of it then down again then back up. He does this for 15 seconds straight. Then we give him a 15-pound medicine ball to carry, he squats then explodes to the top of the box or we might change it and ask him to jump over the box with the weights, then turn around, squat, then jump atop it again."



LIFE ENHACER ▶▶ Microwaving kills a food's nutritional values. Freezing makes food lose 40% of it.



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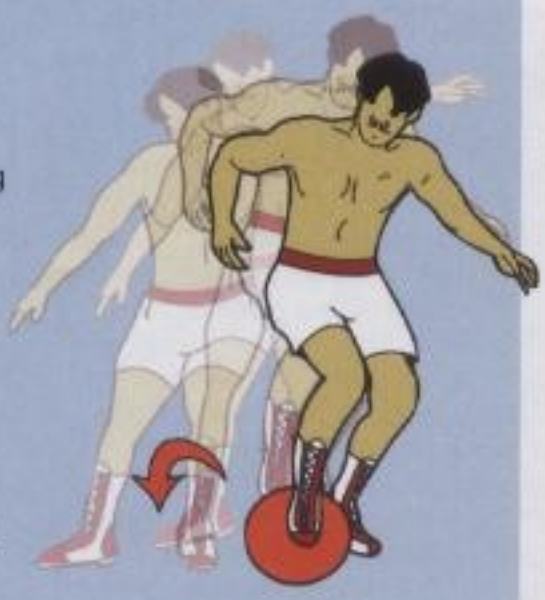
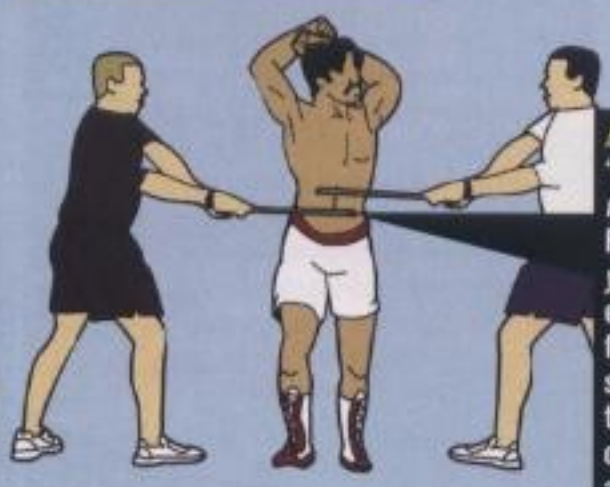
As well as being the youngest man ever to win the World Heavyweight Championship Mike Tyson was also the youngest man to lose it.

**Core and stability**
"We put a 15-pound medicine ball in the middle of the ring, Manny puts one foot on top of it then jumps laterally to the other side of the ball, landing with his opposite foot now on the ball. He does this as fast as he can continuously for 30 seconds to one minute, keeping his body in an isometric state—meaning he's flexing every muscle of his body to maintain balance. As we go along we also increase the intensity of the exercises, letting him do this around three to four minutes long." There are also a couple of variations for this exercise: While jumping laterally atop the ball, Pacquiao will also go around the ball. He can also opt to laterally jump completely over the ball.



**ARMS**
"We put 10-pound weights in each of his hands. Then he squats, pushes his arms up to his head then over his head. He does this for 30 seconds, as fast as he can," informs Ariza.

**LEGS**
"*Para lalong ma-develop yung legs niya* we use a medicine ball *din*," shares Fernandez. "*Bubuhatin niya yung* medicine ball *tapos ilalagay sa likod ng ulo niya, parang babato. Kasi yung* weight *mo* dapat *nasa* center *para sa* balance. *Manggagaling sa likod ibabato niya pababa. Kasi sa laban yung kamay mo laging nakataas,* so *masasanay ka na sa pagod.*



**ABS**
"*Pinapalo siya ng* stick. *Pero mas para sa utak iyon,*" says Fernandez. "*Sinasanay namin yung* mind *sa* pain." "We hit every section of his abs and forearm. We do this for 20 seconds straight, every other training day," adds Ariza. To cap it all off, Pacquiao will add another 1,500 to 2,000 sit-ups.

## 3 NUTRITION

"With the kind of training he does we actually want him to eat more," says Ariza. Pacquiao's diet consists of high-carb and protein meals, usually Filipino viands of chicken, beef and fish (Pacquiao's favorites are *tinolang manok, bulalo, and nilagang baka*).

"*Sa umaga kung pwede, may sabaw lagi, kasi lagi siyang naglalabas ng tubig sa katawan niya* so *kailangan mo palitan kaagad iyon,*" shares Fernandez. Pacquiao also eats a lot of fruits except oranges—"*may* acid reflux *kasi siya kaya bawal ang maasim,*" shares Buboy.

Pacquiao also downs a couple of vitamins and supplements every day. "Calcium, ascorbic acid, *kasi araw-araw nagsusunog siya ng* energy *kaya dapat bakbakan mo ng* vitamins," says Fernandez. "I also prepare for him a specially mixed protein shake to drink before and after training," says Ariza.

# THE JUMP ROPE

**From Rocky Balboa to Manny Pacquiao, jumping rope is the most old-school but effective boxing exercise. Learn it!**

Using the jump rope can enhance coordination, agility, quickness, footwork and endurance all in one go. It takes a lot of time and practice to master, but once you get the hang of it the rewards can definitely help your "I-want-to-be-the-next-Pacman" aspirations.

**HOW TO**

1 **Purchase a jump rope** A lightweight, plastic one is best. If you are 6-feet tall or shorter a 9-foot rope is enough. Check if you have the right rope length by placing one foot in the middle of the rope, the handles should reach your armpits.

'Basta hug lang ha'

2 **Pick a jumping surface** The surface should be absorbent, like a tennis court, wood floor, gym mat, boxing ring, or outdoor track.

3 **Run in place** Start with the most common rope exercise: Remain in a stationary position and lift your knees high at each turn of the rope.

4 **Criss-cross jumps** Do this for variety. Cross your arms at the elbows when the rope is on the downward swing. Then, uncross your arms at the next downward swing.

5 **The "one-two"** Jump with a "one-two" rhythm. As you jump, focus your weight on one foot and then the other. You are now mimicking the body rhythm needed for boxing.

6 **Double jump** Or double unders. Pick up the pace and jump twice for each turn of the rope. Keep the feet together, jumping with both feet at the same time.

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Hawaiian born Japanese-Samoan Yasokichi holds the record for being the heaviest *rikishi* at 626 lbs.

Illustration **Tracy Beverly Santuyo**

KNOW A SPORT

# Sumo wrestling

## It's not just big boys in diapers touching each other's flabs

### Gameplay

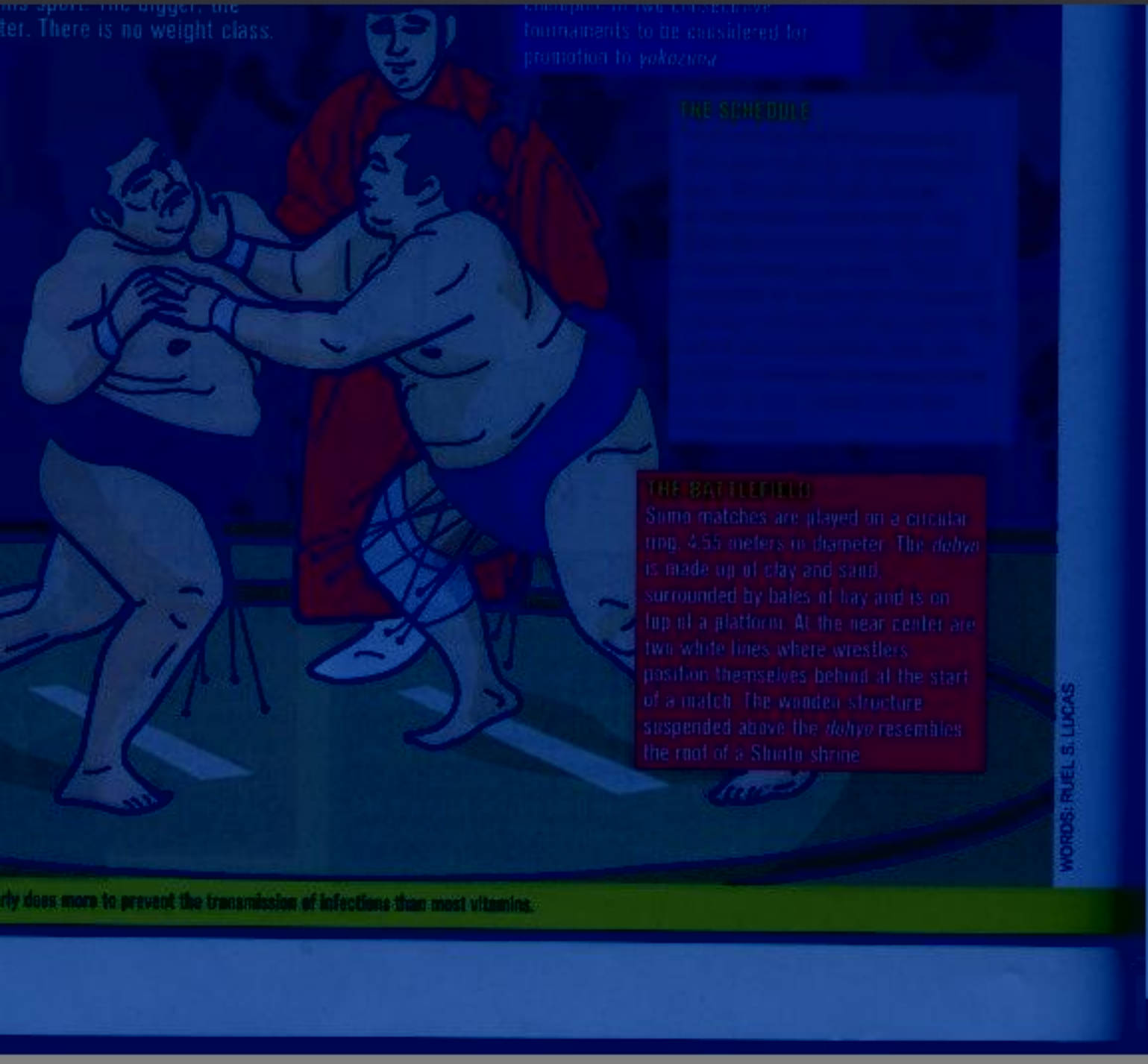
When sumo wrestling was first introduced thousands of years ago, it was mainly performed as a ritual for good harvest. Centered on the Shinto religion, there are rituals observed before each

(*rikishi*) clap their hands and spread their arms wide to show that they possess no weapon. When in their corners, *rikishis* are given a ladleful of water—they consider it "power water"—to rinse their mouth, then dry it out with a "power paper."

to face their opponent.

Each wrestler walks behind his line and then they stare at each other—meant to ruin concentration. At any moment during this "glare-off," a wrestler may lunge at an opponent to signal the start of a

all of their might to grab, push, throw or shovel off their opponent. The first wrestler to force his opponent out of the ring or touch the ground with any part of his body other than the soles of his feet



ter. There is no weight class.

tournaments to be considered for promotion to *yokozuna*

THE SCHEDULE

THE BATTLEFIELD

Sumo matches are played on a circular ring, 4.55 meters in diameter. The *dohyo* is made up of clay and sand, surrounded by bales of hay and is on top of a platform. At the near center are two white lines where wrestlers position themselves behind at the start of a match. The wooden structure suspended above the *dohyo* resembles the roof of a Shinto shrine

WORDS: RUEL S. LUCAS

rly does more to prevent the transmission of infections than most vitamins.

country where Sumo is practiced professionally. Embrace their language, culture and traditions, and learn how to properly wear the *mawashi*—that thick diaper-like cloth—because it's the only thing you can wear during a match. *Mawashi* must be tight because if your opponent grabs it and it comes off, you're out.

LIFE ENHANCER ▶ ▶ ▶ Washing your hands regul



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Albert Holloway invented corn nuts in 1936. He originally sold them to tavern owners to be given away free to their patrons as a snack that would be great with beer, calling them 'Brown Juo Toasted Corn.' We Pinoys call it *cornik*

# ce sm!

## r successful business schemes!

**creative**

ow someone who owns a water on that did very well during its two years," says Butch. "His hbors, seeing that the business flourishing, *gumaya. Parang kabuteng sumulpot sa* village *ang* water stations. Aside from led clients, he had to lower his e because of competition. I told to invest in Batman and Robin umes for his delivery boys. *capag nag-deliver sila, medyo da-drama pa nang kaunti at may ogue.* Naturally, *natuwa ang mga ng* customers *nila*! The kids ld tell their parents, '*Kay* Batman *lagi magpa-deliver ng tubig* Even if *mas mahal ka pa, sa iyo ha yan kasi sabi nung anak eh!*" ch also gives a thumbs-up to promos and giveaways.

**Do micro marketing**

"Micro marketing is saturating a specific area with your business. It is making your products or services known to a target market. Which would you choose: 10 leaflets that you give away to 10 sure customers or 1,000 leaflets to not sure people?"

cent of tooth surfaces are left uncleaned.

market can cost P19.50 at the mall, *pero inilagay lang yun sa karton na may* print *na* cartoons. Why is that so? Packaging." But there's a downside to successfully packaging your business: Your competitors will eventually copy it. "So upgrade *ka dapat nang* upgrade! Your new ideas can be obsolete after a month!" warns Butch. But if you do it right, the benefits could amount to a great cash flow. "Consider Boy Bawang, *cornik din yun eh*, but repackaged!"


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# Embrac capitali

## Simple strategies fo

Is the global recession eating into your office's manpower? Do you fear they're lining you up for retrenchment? Worry not, we're giving you a fallback: starting a business.

Be reminded, though, that it takes capital to do this. We're not a loans company, but we can offer some tips on how to get your eventual business booming, courtesy of entrepreneur extraordinaire Butch Salvador, chief proprietor of thriving businesses Car Magic, Spa Magic and Mr. Postman.

Your journey toward entrepreneurial success starts now...

'Robin! I have a suprise for you...'

**Know your market**

Butch means: "Ask the market first what they need before you start any business. *Wag kang magsimula ng* aircon repair shop *sa* Baguio. *O subukang magbenta ng rosaryo sa* Ermita." Answer one basic question: "*Ano bang kailangan ng tao?*" Necessity is the mother of invention, but don't expect the market to immediately buy what you have to offer. Listen, react, and be patient.

WORDS: BA BORLEO

**Be**

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LIFE ENHANCER ▶ ▶ ▶ Not flossing means 35 p

The 1931 Kellner Coupe, sold in 1987 for $8.7 million, is the world's most expensive car.



Photography **Jovel Lorenzo**

## CV

**Name:** Raymond Ronquillo
**Occupation:** Entrepreneur
**Age:** 30

*mahihilig sa kotse, gusto nila pag bago sila yung nauuna. Inaalagaan namin yung* relationship *sa mga* clients *na gaya nila kasi roon kami talaga nagta-thrive.*

**Playing favorites**

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# TRUE STORIES

# SMASHING TIME

Closing the month with the best of the worst

TRUE STORY OF THE MONTH

**STAR STORIES**

**TIN AMANTE**

Coming late for an event, I noticed everyone was staring at my chest. I discovered later that my nipple was popping out of my plunging dress. I'd become so used to not wearing a bra that I forgot to wear one that time!

ILLUSTRATION: JASON CONFESOR

## Dude misses warning sign

My friends and I have a drinking session every Saturday night. One time, after having enough to drink, we all agreed to go to a girly bar; we just didn't know where exactly. We took a cab and, since I was seated at the front seat, I took charge. I told the taxi driver to just cruise along Buendia and we could find some good bars there. As we were moving, I saw this flashy, well-lit bar. I immediately asked the taxi driver to pull over. I approached the lady by the door and asked how much the entrance fee was. It was too late when I noticed a piece of bond paper at the entrance saying, "WANTED MALE DANCER." I was shocked and realized the lady I was talking to was actually a dude. I ran back to the taxi and asked the driver to get us out of there. All my friends were laughing, aware of my slip-up. *"Ang labo kasi ng mata mo!"* they said.

**Semaj, by email**

## Snorer meets his match, loses pair of shoes

I'm a call center agent by night and student by day. Before graduation, we had to conduct a macro seminar in school, so from the usual five hours of sleep every day I had to cut it down to three hours. There was a time that the rehearsals finished early, so instead of going home I decided to sleep in the office quarters in order to save time. The room was cold and quiet when I came in but just a minute later a guy entered and lied down on the bed next to me. He slept after a couple of minutes, then snored like crazy. Because of the noise, I wasn't able to sleep, even when I moved further away from him. I was so pissed and, as a form of revenge, I brought his shoe outside and hid it inside one of the cubicles. I overheard him an hour later screaming madly in the hallway.

**Philip, by email**

## Wonder twins confuse passenger

I used to ride a bus during weekends from my house in Tarlac to my school in Manila and back. One time, I decided to leave home at 4AM. I still wasn't myself due to lack of sleep. I was seated beside the window, waiting for the bus to depart, when a big mustached guy in a blue long-sleeve shirt asked me if the seat beside me was taken. I said no, so he put his bag under the seat and went outside. Moments later, he went back and asked me the same question. I was confused but I said "no" again because I really didn't care about other people's seats. So he sat beside me. Everything was all right until a minute later, when the first guy turned up and told the guy beside me that it was his seat. The guy seated beside me then turned to me and said, "You said this seat wasn't taken?" I looked at them and was dumbfounded because they looked the same and even wore same clothes, or so I thought. I couldn't say anything until the second guy left the seat. The first guy sat down and stared at me furiously. I turned my head away so as not to cause trouble, but deep inside I was laughing.

**James, by email**

## High school reunion gets so uncool

After a long time, my high school class recently had a reunion in an upscale restaurant in Makati. We're well into our 40s now, so most of us brought our respective families along with us. One of our female (and should I say, my crush back when we were kids) *balikbayan* classmates, who was newly married to a tall Arabic guy, brought her husband with her. As soon as we got to the place we all had a short chit-chat, and then came the introduction portion. "Ashraf, Ashraf," the Arabic guy told me as he shook my hands. "Ashraf, Ashraf," I replied, smilingly, assuming that it was some sort of a friendly Arabic greeting. Deep inside, I praised myself for my inter-racial social skills–my ability to transcend gender, language, and cultural barriers wherever I go. Except that I was wrong this time, and I only found out about it when we all sat down to dinner and my female classmate offered food to her husband. It turns out that "Ashraf" was the guy's name, and not an Arabic greeting as I had previously thought!

**Joaquin B., by email**

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